

The Times

Twin Falls, Idaho/95th year, No. 339

Monday, December 4, 2000

50 cents

GOOD MORNING

WEATHER

Today: Partly cloudy, with east winds at 5-10 mph. High 45. Partly cloudy tonight. Low 22. Page A2

MAGIC VALLEY

Flu vaccine: A delay in the shipment of flu vaccine is expected to create a shortage in the Magic Valley until the end of December. Page A4

INEEL concerns: A panel looks at alternatives to incinerating radioactive waste. Page A4

HEALTH & FASHION



The Marine way: The Twin Falls health club discovers a tough way to get patrons in shape. Page B1

SPORTS



Immaculate rivalry: The Raiders traveled to Pittsburgh to renew one of the NFL's most storied rivalries. Page A7

No love for Tiger: Woods and Garcia couldn't hold off a late charge by Davis Love III at the Williams Challenge. Page A7

NATION
Back to bickering? Congressmen face uncertainty when they meet today. Page A3

OPINION
Sorry, dude: Reckless skiers will be held accountable following a Colorado court case, a guest editorial says. Page A10

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A case for life



This heavily sedated Labrador retriever cross is led to a table to be put to sleep Thursday morning. The dog was brought to the Twin Falls Humane Society's shelter six days earlier.

LOGAN CASTOR/THE TIMES-NEWS

Shelters support no-kill policy, but will budgets allow it?

By John T. Huddy

Times-News writer

TWIN FALLS — The needle pierced through her skin and the poison was slowly injected into her front leg.

With a flinch, the sedated tan Labrador shook the table, then remained calm. Fifteen seconds later, she lay dead.

The dog, whose name was unknown, had already spent a week at the city's animal shelter.

It was one of seven dogs put to sleep Thursday — a daily occurrence at the shelter, even during the holidays.

"There's only so much of this you can do at home and say 'ho, ho,' said Laurie Simonds, who runs the Twin Falls Humane Society's shelter.

That's why Simonds and other shelter employees advocate a widely used "no-kill" policy.

A no-kill policy allows euthanasia only if the animal is extremely ill or poses a danger to humans or other animals.

The Animal Shelter of Wood River Valley implemented a no-kill policy in May 1999. And other shelters around the country have

Want to help?

The Twin Falls Humane Society, located at 139 Sixth Ave. W., always has animals in need of good homes. The shelter is open to the public from 1 to 5:30 p.m. Mondays through Thursdays and from 1 to 4 p.m. Fridays. Those interested in adopting a pet or in becoming a volunteer can call the shelter at 736-2299. The shelter depends on donations to continue operations.

Donations may be sent to the People for Pets Humane Society, P.O. Box 1163, Twin Falls 83303.

The Animal Shelter of Wood River Valley is open 10 a.m. to 6 p.m., Tuesday through Friday, Saturdays 10 a.m. to 4 p.m., Sundays noon to 4 p.m. and Mondays for reclams only. Those interested in adopting a pet or in becoming a volunteer can call the shelter at 788-4351.

done likewise. The state of Utah even declared itself a no-kill state recently.

"It is the evolution of animal sheltering," said Nancy Smith, office manager of the Wood River Valley shelter.

The Wood River shelter is much bigger than the shelter in Twin Falls — holding 40 to 60 dogs at a time.

Please see SHELTERS, Page A2

Workers feel psychological effects

By John T. Huddy

Times-News writer

TWIN FALLS — Death is a daily occurrence at the Twin Falls Humane Society's animal shelter.

But that doesn't mean shelter employees have been desensitized.

"People always blame us," said Laurie Simonds, who runs the city's shelter. "But we're not the problem. We practice what we preach."

Simonds and her staff put to sleep about five animals per day.

The process of putting an animal to sleep is a harsh reminder of the fate of animals whose owners are irresponsible, or don't care about their whereabouts.

And for Simonds and her staff, the psychological effects can be tremendous.

"Even if I walked away today, I would still see faces from a long time ago," she said.

Randy Simonsen, an instructor

of psychology at the College of Southern Idaho, said the effects can be lasting — especially if the animal was a family pet, or if there is a bond between the person and the animal.

Many shelters have begun using a "no-kill" policy, which keeps an animal alive, unless the animal is incurably ill or vicious to humans or animals.

But no-kill shelters have a downside. Many animals are subjected to life in a cage, without the individual care they need.

But keeping an animal alive is much better than killing it, Simonds said.

While more animals will likely be put down at the Twin Falls shelter, there is one hope this year — the holiday.

Christmas is generally a good time for pet adoptions.

Times-News staff writer John T. Huddy can be reached in Twin Falls at 735-3239 or by email at jhuddy@magicvalley.com

New president might confront darkening economic prospects

The Associated Press

WASHINGTON — President Clinton may be talking more with him than his suitcase when he leaves the White House on Jan. 20. His amazing run of luck with the economy seems to be disappearing as well, right on cue with the end of his second term.

That means that his predeces-

stor, either George W. Bush or Al Gore, will have to navigate stormier seas. Some forecasters are even worried about a recession next year — a problem Clinton never had to confront as he presided over a record stretch, now in its 10th year, of uninterrupted economic growth.

"How ever one looks at it, the economic data recently have

been quite negative and the possibility of a serious hard landing is rising," says Allen Sinai, chief economist at Decision Economics in New York.

While Sinai said he believed the chances of an outright recession — where economic growth actually contracts — are still small, he was concerned about a prolonged period of weak growth

that would translate into a rising unemployment rate.

David Levy, an economist at Bard College in Annandale-on-Hudson, N.Y., was even more pessimistic, putting the odds of a full-fledged recession next year at 70 percent.

"When you put all the problems facing the economy together, it is not a pretty picture," Levy said.

Times-News political reporter Michael Journeé can be reached in Boise at (208) 331-2510.

Trial drags on; Cheney says it's time for Gore to concede

Vice president braces for more legal action

The Associated Press

Lawyers for Al Gore and George W. Bush bashed through a second day of testimony about chads, voting machines and the vice president's plea for a recount, while GOP running mate Dick Cheney said Sunday it's time for Gore to

concede. Gore said he knows America is weary of the long election ordeal but counseled the country: "It won't last forever."

As Democrats talked about the possibility of a gracious exit from the presidential contest, a circuit judge presided over a daylong hearing on Gore's historic election protest and listened to closing arguments into the night.

The vice president braced for the next round of legal action and

attended church, where he heard a sermon titled, "A Time for Waiting."

It was an apt metaphor for the longest, closest presidential contest in 124 years. Gore, testing Americans' willingness to wait as he exhausts his legal options, conducted an interview with CBS' "60 Minutes" as part of a public relations blitz.

Please see ELECTION, Page A2

Leaders consider special session

Lawmakers gather in Boise today

By Michael Journeé
Times-News writer

BOISE — State leaders will meet today to discuss whether to hold a special legislative session later this week, in order to address an October court decision that some say has effectively deregulated Idaho's electricity industry.

Gov. Dirk Kempthorne, President Pro Tem Robert Geddes, R-Soda Springs, and House Speaker Bruce Newcomb, R-Burley, are expected to huddle today to discuss whether talks between commercial power companies and municipal utility districts have stuck.

Gov. Kempthorne said Sunday, "We will meet to see what kind of deals they've come up with," Newcomb said.

Many observers believe deregulation of the power industry is the most looming long-term issue facing the region. The Northwest has prospered, in part, as the result of the inexpensive power rates it enjoys under regulation.

The 9th Circuit Court of Appeals ruling said Idaho's Electric Supplier Stabilization Act was missing a supervisory element required by federal antitrust laws.

A special session, which would be the first for the Legislature since 1992, would deal specifically with trying to bring the state law into compliance with federal law.

Lawmakers will be in Boise Thursday and Friday for their post-election organizational session to elect floor leaders and hammer out committee assignments.

As a result, Newcomb and other lawmakers met with Kempthorne staffers last week to push Kempthorne to call the special session while lawmakers are in town.

That way it doesn't cost taxpayers anything," Newcomb said.

Sen. Laird Noh, R-Kimberly, who has been keeping close tabs on the deregulation issue, told Twin Falls Area Chamber of Commerce members on Friday that the court ruling effectively has deregulated Idaho's electric industry.

Noh said the chances for a special session are "about 80 to 90 percent."

The last word, however, belongs to Kempthorne.

Because Kempthorne has been out of the state at a Western Governors' Association conference in California, legislative leaders have not talked directly with him about a special session, Kempthorne spokesman Mark Snider said.

The governor's office is "not actively considering" a special session because the governor has not been directly in contact with lawmakers, Snider said Friday.

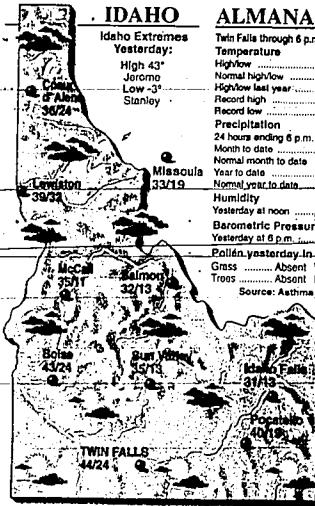
Times-News political reporter Michael Journeé can be reached in Boise at (208) 331-2510.



David Boile, representing Vice President Al Gore, rubs his eyes Sunday after a long day in court.

FORECAST FOR MAGIC VALLEY

AccuWeather.com



IDAHO

Idaho Extremes Yesterday
 High: 43°
 Low: 3°
 Stanley

ALMANAC

Twin Falls through 6 p.m. yesterday
 Temperature
 Highlow: 42°/21°
 Normal high/low: 40°/22°
 Highlow last year: 31°/20°
 Record high: 54° in 1975
 Record low: 13° in 1950
 Precipitation
 24 hours ending 6 p.m. yest.: 0.00"
 Month to date: 0.00"
 Normal month to date: 0.12"
 Year to date: 7.47"
 Normal year to date: 9.40"

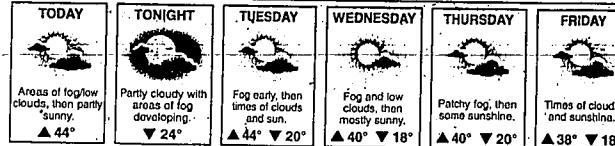
Humidity
 Yesterday at noon: 85%
Barometric Pressure
 Yesterday at 6 a.m.: 30.24 in.

Pollen yesterday in Twin Falls
 Grass: Absent Woods: Absent
 Trees: Absent Mold: Absent
 Source: Asthma and Allergy of Idaho

Shown is today's weather.
 Temperatures are today's highs and tonight's lows.

All maps, forecasts and data provided by AccuWeather, Inc. ©2000

FIVE-DAY FORECAST FOR TWIN FALLS



REGIONAL WEATHER

Southern Idaho: Valley fog and clouds this morning, then some sunshine will return this afternoon. Partly to mostly cloudy tonight with fog once more. Morning fog to start tomorrow; then partial sunshine.

Bolivar: A little fog or low clouds for a while this morning, then a mixture of clouds and sunning this afternoon. Some cloudiness tonight with areas of fog. Fog, then partial sun tomorrow.

Northern Nevada: Sunshine and only a few clouds across the region today. A nice afternoon is in store with highs 45-55. Clear and start tonight. Lows 10-20. Sunny to partly cloudy tomorrow.

Northern Utah: Sunshine to partly cloudy today with a nice afternoon. Highs 40-50. Clear to partly cloudy tonight. Lows 18-28. Sunshine for the most part again tomorrow. Highs 40-50.

Northern Idaho: Areas of fog and low clouds this morning, then clouds this afternoon with snow showers. Rather cloudy tonight with areas of fog. Fog and low clouds early tomorrow, then a sunny break or two later.

NATIONAL EXTREMES

Yesterday (for the 48 contiguous states)

High 80° in Miami, FL

Low 13° in West Yellowstone, MT

High: 104°; Low: 94°

Uncertainty awaits Congress

Presidential difficulty affects legislators

WASHINGTON (AP) - Amid faint hints both sides might finally be willing to settle on a budget, a lame-duck Congress and president try again this week to settle a stubborn fight over schools, workplace safety, immigration, taxes and Medicare.

Two weeks ago, lawmakers left town hoping to return knowing whether Republican George W. Bush or Democrat Al Gore was the president-elect.

But that did not happen. And it is unclear how that will affect legislators' moods or their ability to finish their work, including four spending bills that were supposed to be complete by Oct. 1, when fiscal 2001 began.

The House planned to return to work today, followed a day later by the Senate.

"If the presidential thing is not wrapped up, I don't think we'll get very far," House Majority Leader Dick Armey, R-Texas, said last week.

The biggest fight is over a \$350 billion measure for education, health, and labor programs containing a record \$18 billion increase over last year; a GOP effort to block administration rules already issued, that are aimed at preventing workplace

injuries; and a White House plan to help more than 1 million immigrants stay in this country.

House Speaker Dennis Hastert, R-Ill., said he expects President Clinton will meet with the congressional leadership this week to discuss issues for the lame-duck session, but that nothing has been scheduled.

Hastert indicated a willingness to make minor changes in a tax cut bill the president has threatened to veto, saying any modifications could be inserted into an unrelated spending bill.

The tax cut bill for health care costs and some businesses also contains a \$1 increase in the \$5.15 hourly minimum wage. Clinton says it is too generous to small businesses.

Some say that with the distribution of the presidential election and time running out on both the 106th Congress and Clinton's presidency, there is little chance of resolving the final budget battle.

Armey and some others say the likeliest scenario is for an agreement to postpone final budget decisions until there is a new president, who Republicans hope will be a more sympathetic Bush. With Clinton losing leverage as his presidency nears its end, even some Democrats say privately that he would have little taste to spend his final White House days fighting such an effort by Republicans.

Democrat demands equal power

WASHINGTON (AP) - Given the prospect of an evenly split Senate next year, a top Democrat demanded Sunday that the parties share power - from co-majority leaders to committee chairmen - "whether people like it or not."

"The division of these committees is going to have to be equal," Sen. Robert Torricelli, D-N.J., said on CBS' "Face the Nation."

"There's going to have to be co-majority leaders. The leadership of the Senate is going to have to reflect the voting of the people of the states; and that was an evenly divided Senate."

Republicans now control the Senate through a 54-46 edge, with Sen. Trent Lott of Mississippi the majority leader. But Democrats gained enough ground in the Nov. 7 election to create a possible 50-50 split, depending on the outcome of the presidential race.

If Republican George W. Bush wins the White House and Dick Cheney becomes vice president, Republicans will maintain nominal control because Cheney could break any ties.

If Democratic Sen. Joseph Lieberman of Connecticut wins the vice presidency, the state's GOP governor likely would

appoint a Republican to his vacated seat, giving Republicans a 53-47 advantage.

"Whether people like it or not, whether they want it or not, we're going to have to learn to get along, come up with bipartisan solutions and have power sharing in the United States Senate," Torricelli said.

Republican Sen. Mitch McConnell of Kentucky, responding on CNN's "Late Show," pointed out that the GOP would retain "a very slim majority" however the Bush-Gore race turns out.

McConnell said he hoped the committee memberships "will reflect the closeness of the Senate."

"The message (voters sent) is to get along," McConnell said. "The message was not to have two chairmen of everything and have chaos. ... We need to have one chairman of each committee, and that should be the party that is in control, and that will be the Republicans."

Supreme Court to decide arrest case

Woman gets arrested for not wearing seatbelt



Gail Atwater
Sues the city of Lago Vista, Texas

AUSTIN, Texas (AP) - Gail Atwater's slow drive down a dusty Texas road has taken her all the way to the U.S. Supreme Court.

She was arrested, handcuffed and locked in a jail cell in 1997 - because she and her two children weren't wearing seat belts while riding in the family pickup truck.

That family drive has become a challenge of the power of police.

The Supreme Court will hear arguments Monday from lawyers for Atwater and the city of Lago Vista on whether her arrest violated the Constitution's Fourth Amendment, which bars unreasonable arrests and searches.

"Our laws would have been much better if we would have just swallowed it," Atwater said. "We're not anti-cop ... (but) this is about reigning the cops in and how far cops can intrude in our lives."

The court's ruling could affect just about anyone with a driver's license, said Atwater's attorney, Robert DeCarli.

"Every driver, if they get caught committing a traffic violation, then expect to get a ticket. Nobody expects to be handcuffed and taken to jail," DeCarli said.

Atwater, 48, was driving her

children, Mac and Anya, who were then 4 and 6, home from soccer practice when she was stopped by Lago Vista police officer Bart Turek.

According to Atwater, a toy had fallen out of the pickup and she had unbuckled everyone's seat belts so they could look out the windows for it. She was driving at only about 15 mph on an otherwise deserted road when Turek came along and stopped her.

Atwater could not produce her driver's license and proof of insurance. She said her purse had been stolen.

She said Turek yelled "You're going to jail!"

"I can't tell you enough how horrible it was for my kids," Atwater said.

It was not their first encounter. Turek had pulled her over once before when he thought her son was not belted in, but he didn't give her a ticket that time because the boy was, in fact, wearing a seat belt.

This time, Turek took Atwater to the police station while a friend took the children. She was booked and remained in a holding cell for about an hour before posting \$310 bail. She later pleaded no contest to three seat belt violations and paid a \$50 fine for each, along with a \$110 towing fee on her pickup.

Under Texas law, a police officer is allowed - but not required - to arrest someone for a seat belt violation. The offense does not carry jail time.

Atwater complained to the city and asked for her \$110 back, but when she got no satisfaction, she and husband Mike Haas sued the city, Turek and police Chief Frank Miller.

"All I wanted was to rein this guy in, and get reimbursed the money for towing the truck," Atwater said. She said she never asked for an "apology." "I knew they wouldn't do that. That would be an admission of guilt."

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Part 1: 7:00 PM Monday, December 4 Channel 38/NBC
Part 2: 8:00 PM Friday, December 8 Channel 38/NBC

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EC

Movies hold box-office positions

LOS ANGELES (AP) - With no major movies opening in wide release, the weekend box office returns show the top 10 films holding basically the same positions as last week, according to industry estimates Sunday.

"Dr. Seuss' How The Grinch Stole Christmas" held the second spot with \$15 million, about what it earned last week, while No. 3 "101 Dalmatians" dove to \$8.2 million.

lion, according to Exhibitor Relations Co., which tracks movie industry revenues.

"Unbreakable" held the second

spot with \$15 million, about what it earned last week, while No. 3 "101 Dalmatians" dove to \$8.2 million.

However, studios saw a considerable drop in ticket sales overall.

The top 12 films earned an estimated \$58.3 million between Friday and Sunday, only half of last weekend's gross of \$157 million.

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MALL HOURS THIS WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 3	Dec. 4	Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9
10:30						

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MAGIC VALLEY

City Editor: Kevin Richert - 733-0931, Ext. 234

Page A-4

Monday, December 4, 2000

The Times-News

AROUND THE VALLEY

Teen dies in Jerome County car crash

JEROME - A Sunday afternoon car crash left one Rupert teen dead and another in critical condition.

Juan Jose Teller Juarez, 18, of Rupert, was pronounced dead at the scene after the pick-up truck he was driving and carrying four passengers went off the road and rolled at about 3:45 p.m.

Benjamin Navarrete, 18, of Rupert, was taken by Life Flight to St. Alphonsus Regional Medical Center in Boise where he is in critical condition with a spinal injury.

Juarez's twin brother, Leo Juarez, of Rupert, was transported to St. Benedict's Hospital in Jerome, where he was treated and released.

One juvenile female was transported to Magic Valley Regional Medical Center where she was treated and released to her parents.

A second juvenile female was treated and released to her parents at the scene.

The accident, which occurred on state Highway 50 at milepost 8 in Jerome County, is still under investigation by the Idaho State Police.

City tries fluorescent green school signs

TWIN FALLS - Fluorescent green signs have replaced a number of traditional yellow school zone and child crossing signs throughout the streets of Twin Falls.

It's one approach the city is trying to alert motorists that they are entering a school zone and need to be on the watch for children.

City Engineer Gary Young said nearly a third of the older school zone signs have been replaced around town. The green signs are brighter and offer the highest grade of reflective sheeting available. The city has a total of about 100 signs to replace at a cost of \$8,000, Young said.

The city is looking for feedback as to whether motorists find the new signs beneficial to improving safety conditions in school traffic zones. The signs are part of a larger effort to improve traffic safety near Twin Falls schools. Four students have been hit by vehicles on Filner Avenue in front of Twin Falls High School this school year.

Millennium sculpture fund raising continues

TWIN FALLS - The Magic Valley Arts Council continues to raise money to pay for the millennium sculpture project for downtown Twin Falls.

About another \$20,000 is needed to pay for the project, the arts council said. The council's last tally of contributions was \$50,000 in cash donations and \$25,000 worth of in-kind donations.

The project is scheduled for completion this month, but the council will continue fund-raising efforts until it meets its goal, said Rhonda Leach Schaff, project facilitator.

"The sculpture speaks to the people of Twin Falls. The bronze plow and harness, large basalt rocks, and quotes engraved on the sculpture reflect our past, our heritage, and how we feel about our community today," she said. Contributors of \$100 or more will have their names engraved on a plaque displayed at the sculpture site on Shoshone Street and Main Avenue.

To make a donation to the Magic Valley Arts Council's Millennium Sculpture Project call the arts council at 734-ARTS or send checks to The Magic Valley Arts Council, Millennium Sculpture, P.O. Box 1158, Twin Falls, Idaho 83303.

CSI offers classes for online shoppers

TWIN FALLS - The College of Southern Idaho's Community Education Center is offering two separate online shopping instruction Tuesday and Dec. 12.

Instructor Jed Garner will show students how to shop online and how to keep their credit card information secure. Students will also learn how to get free Internet access and e-mail.

Secure Online Shopping will be held from 7 to 9 p.m. Tuesday and Dec. 12 inside the Shields Building at the College of Southern Idaho.

The cost for the class is \$10. For more information, call The CSI Community Education Center at 733-5554, Ext. 2290.

Compiled from staff reports

Panel issues waste disposal report

By N.S. Nokkentved
Times-News writer

TWIN FALLS - A panel of experts looking at alternatives to incinerating radioactive waste in eastern Idaho, is urging the government to do something about buried waste.

The nine-member blue ribbon panel was established earlier this year as a result of the settlement of a lawsuit filed by environmentalists over the federal government's plan to incinerate radioactive waste at the Idaho National Engineering and Environmental Laboratory.

The panel has issued a draft report on alternatives to inciner-

ation. The blue ribbon panel's alternatives to incinerating radioactive waste at INEL include:

- **Thermal treatment** - uses high temperature to change the chemical, physical, or biological character or composition of the waste in the absence of oxygen and without a flame.
- **Chemical oxidation** - uses chemicals other than oxygen - such as nitric acid - to destroy or detoxify hazardous materials.
- **Dehalogenation** - chemical reactions in which halogens - chlorine, bromine and iodine - are removed from the molecular structure of the

contaminants and replaced by other molecules to form non-hazardous or less hazardous products. For example, replacing chlorine in PCBs with hydrogen.

Want to know more?

contaminants and replaced by other molecules to form non-hazardous or less hazardous products. For example, replacing chlorine in PCBs with hydrogen.

- **Physical separation** - Three processes remove organic material from a waste: soil washing, solvent extraction and thermal desorption.

• **Soil washing** uses a soap and water-like solution to remove organic material from soil particles.

- **Solvent extraction** - a process similar to dry cleaning - uses a solvent to remove contaminants from the waste.

• **Thermal desorption** uses heat, and

sometimes a vacuum, to drive off organic contaminants as vapor. The vapors are condensed and collected for treatment by other means.

- **Biological treatment** - Uses microorganisms such as bacteria or fungi to break down organic waste material. Aerobic degradation is performed by bacteria that require oxygen. Anaerobic degradation is carried out in the absence of oxygen.

The panel noted that the ultimate solution may require a mix of several treatment technologies to treat various wastes to meet the desired standards. And each treatment may create its own potentially hazardous waste and may require additional treatment.

Though the panel was to explore alternatives to inciner-

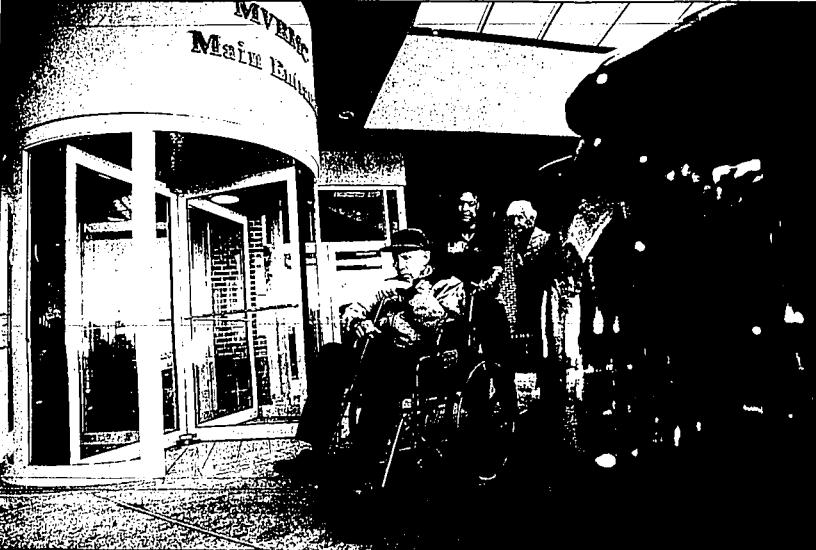
ation, members also heard much about other waste on the INEL.

ating plutonium-contaminated waste.

Though the panel was to explore alternatives to inciner-

ation, members also heard much about other waste on the INEL.

FREE PARKING



Sasha Cheyney helps Ted Hafer into his wheelchair outside the main entrance to Magic Valley Regional Medical Center. The hospital started a free valet parking program earlier this year that is available to patients and visitors.

Hospital improves patient satisfaction

By Brandon Flata
Times-News writer

TWIN FALLS - More patients are leaving the county's hospital pleased with their care, according to a patient survey.

Magic Valley Regional Medical Center is undergoing its biggest push to improve patient satisfaction.

"This isn't about programs, but more about changing the culture," said Rhonda Bright, the hospital's marketing manager. "We're changing the way we provide care, back to the reasons we work in health care - providing the best care and service available."

The hospital is nearing the end of its first year with a new customer service initiative anchored by patient surveys to determine

Free valet parking offered

Magic Valley Regional is now offering valet parking. The service is free and available to patients and visitors from 6 a.m. to 6 p.m., Monday through Friday.

Patients and visitors who use valet parking must pull in under the canopy over the main entrance on the north side of the hospital. When leaving, patients and visitors may call

ahead and have their car waiting for them.

The valet service only parks about five to seven cars each day, and the hospital wants more people to use the service, said Mitch Thornton, the hospital's director of transportation services.

Source: Magic Valley Regional Medical Center

what's working - and what's not.

The hospital started using a patient survey service in January. Press, Ganey Associates, Inc., based in South Bend, Ind., tracks patient satisfaction for hundreds of hospitals across the nation.

Surveys are mailed to patients after they leave the hospital, asking them to rank different aspects

of treatment, such as waiting time. The patients then mail the surveys to Press, Ganey in Indiana.

Patients who get a survey should return them, because that's how the hospital rewards staff and makes changes, Bright said.

Magic Valley Regional drastic-

ally improved its overall percentile ranking, which compares it to hundreds of hospitals. It also discovered there's tough competition.

The hospital's average percentile ranking for the four large departments - emergency room, same day surgery, inpatient and outpatient services - was 24 percent in March, according to Press, Ganey surveys.

By September, the hospital raised its average percentile ranking to 53.5 percent.

"We set really ambitious goals," Bright said. "The goal we set in January ... was to be at the 75th percentile in a year, and eventually to be in the 90th percentile - the best of the best. We're not there yet, but we're

Please see HOSPITAL, Page A6

Vaccine shortage will likely continue through December

By Aaron Brock
Times-News writer

TWIN FALLS - A delay in the shipment of flu vaccine is expected to create a shortage in the Magic Valley until the end of December.

The local health department will immunize only high-risk patients until then, officials said.

"We are hoping to have everyone who is high-risk immunized by mid-December," said Linda Frazier, the district immunization coordinator for the South Central District Health Department in Twin Falls.

The Twin Falls office is getting around 500 doses a week, off-

day, at which point the health department will begin immunizing low-risk individuals, Frazier said.

But, she cautioned, there may be further delays.

"Unfortunately, we still have a ways to go" before the shipment arrives, said district public relations coordinator Monie Smith.

Several vaccine manufacturers ran into glitches in production and are still catching up with the demand, Frazier said.

"There is enough vaccine," she said. "It's just slow getting there."

The Twin Falls office is getting around 500 doses a week, off-

day, at which point the health department will begin immunizing low-risk individuals, Frazier said.

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day, at which point the health department will begin immunizing low-risk individuals, Frazier said.

Please see SHORTAGE, Page A6



Tammi Harr, the infection control nurse for Parkview Care and Rehabilitation, gives a flu shot to cafeteria worker Maureen Anderson of Declo, as cafeteria worker Montalea Heyburn looks on. Because of a flu shot shortage in the area, only high-risk patients and health-care employees have been able to get shots.

site, which was buried there between 1952 and 1970.

"This (additional) and in some ways more worrisome quantity should also be immediately and seriously addressed by the Department," the panel's report said.

The amount of buried waste in the 88-acre "Subsurface Disposal Area," at INEL's Radioactive Waste Management Complex is estimated to be 63,000 cubic meters. Other estimates have put the number at 186,000 cubic meters.

Much of it is plutonium-contaminated waste - sludges, parts and lab equipment. Over the years solvents have leaked from the waste into the Snake River Plain Aquifer 580 below and

Please see INEL, Page A6

Council to discuss cell towers

Telecommunications company appeals request's denial

By John T. Huddy
Times-News writer

TWIN FALLS - A large telecommunications company plans to appeal the city's denial of its cell tower request tonight.

NewCom Wireless, LLC, plans to appeal the city Planning and Zoning Commission's October denial of its request to set up a 90-foot cell tower at 2404 Addison Avenue East to the City Council tonight.

But the company won't take no for an answer. Like U.S. West Wireless, also denied by city planners but later approved by the City Council, NewCom plans to fight for its tower.

U.S. West eventually won its appeal. The City Council gave the company its approval in November, to set up three cell towers locally.

There will be no increased noise from our PCS communication site. There will be no glare from our tower because we are using a wood pole," a NewCom staff report says.

And even the city's own Urban Renewal Agency is challenging the city's denial of a proposed cell tower site at 450 Victory Avenue. NewCom said it would construct the 90-foot tower for the Urban Renewal Agency, which would, along with NewCom, use it for city communication purposes.

But plans for collocation of the tower were not provided, which was a main issue of contention for the city Planning and Zoning Commission, along with the possibility of the tower infringing on underground utilities in that area.

Opponents of the ordinance, including cell tower owners, have been the focus of debate.

A four-month moratorium on cell towers was imposed in September. But city leaders have been working on a new ordinance to regulate towers - an ordinance city planners gave their go-ahead on in November.

As written, the ordinance prohibits towers in residential zones unless they are attached to utility poles or sit on rooftops.

The ordinance also suggests cellular companies co-locate on existing towers and place towers on public property when possible.

Approval of the ordinance would end the moratorium.

The City Council has scheduled a public hearing on the new ordinance for 6 p.m. Dec. 18.

In other business tonight

• Mac Casperson will request vacation of a 50-by-90-foot railroad right-of-way located 325 feet south of the 400 block of South Park Avenue West. Casperson wants to build a mini-storage facility there.

• Virgil I. Malone has requested a name change on property at 754 Eastland Drive. Malone wants to sell or lease the property to professional offices.

Times-News staff writer John T. Huddy can be reached in Twin Falls at 735-2529 or by email at jhuddy@magicvalley.com

'Ice man' provides ancient clues

VICTORIA, British Columbia (AP) — The headless, frozen remains of an aboriginal human found on a northern British Columbia glacier last summer are providing clues to North American life prior to the arrival of Christopher Columbus.

The rare discovery of human remains with flesh intact, estimated to be 550 years old, is giving researchers a unique opportunity to probe deeply into the past, said Grant Hughes, director of curatorial services at Victoria's Royal B.C. Museum.

Ten projects are underway at the museum, including DNA testing, as researchers piece

together an ancient puzzle: who was the man given the native name Kwaday Dan Sinchi, or Long Ago Person Found?

Three B.C. sheep hunters discovered the remains in August 1999 at the foot of a melting glacier in Tatshenshini-Alsek Park near the British Columbia-Yukon border.

Researchers, who have been studying the remains for more than a year, will release preliminary results Thursday at the University of Victoria.

The contents of Kwaday Dan Sinchi's stomach are providing

information about his diet, and researchers hope DNA analysis of his hair will help determine

his health throughout his life, Hughes said.

Research on the remains and weapons and clothing found with them is underway in artifact studies, ethnobiology, radio-carbon dating, pathology, microbiology, botany and zoology.

A robe sewn together with fur-pelts is being examined for the presence of pollen grains, which could tell researchers about the types of plants and trees at the time the hunter died.

Carbon dating on Kwaday Dan Sinchi's hat and hunting weapons suggest he lived between 1415 and 1445. He was carrying a pouch that contained preserved pieces of salmon.

ON THE AGENDA

Today

Acequia City Council, 8 p.m.

Blaine County commissioners, 8:45 a.m., courthouse.

Burley City Council, 7 p.m., City Hall.

Jerome City Council, 7 p.m., council chambers, 100 E. Ave A.

Kimberly Zoning Commission, 7 p.m., community center.

Murphy City Council, 7 p.m., City Hall.

Hansen Community Library Board, 7 p.m., library, 120 W. Main.

Jerome County commissioners, 9 a.m., courthouse.

Ketchum City Council, 6 p.m., City Hall.

Twin Falls City Council, 5 p.m., City Hall.

Twin Falls County commissioners, 8:30 a.m., courthouse.

Filer City Council, 7:30 p.m., council chambers.

Friedman Memorial Airport Board, 8:30 a.m., courthouse.

Hagerman City Council, 7:30 p.m., City Hall.

Jerome City Council, 7 p.m., council chambers, 100 E. Ave A.

Kimberly Zoning Commission, 7 p.m., community center.

Murphy City Council, 7 p.m., City Hall.

Rupert City Council, 7 p.m., City Hall.

Shoshone City Council, 8 p.m., City Hall.

Twin Falls County commissioners, 8:30 a.m., courthouse.

Twin Falls County Historic Preservation Commission, 7:30 p.m., Twin Falls Mediation and Arbitration Center, 163 Second Ave. W.

city office, 200 W. Main.

Twin Falls County commissioners, 8:30 a.m., courthouse.

Thursday

Belleview Planning and Zoning Commission, 7 p.m., City Hall.

Fairfield City Council, 7:30 p.m., firehouse.

Kimberly Public Library Board, 7 p.m., library.

Murphy Planning and Zoning Commission, 7 p.m., City Hall.

Twin Falls County commissioners, 8:30 a.m., courthouse.

Friday

Twin Falls County commissioners, 8:30 a.m., courthouse.

This list is compiled from advance schedules. The Times-News suggests that you confirm the information by calling the appropriate clerk's office before attending.

Forest Service halts Sierra Nevada logging

SACRAMENTO, Calif. (AP) — The U.S. Forest Service is temporarily prohibiting timber sales and logging on 11 million acres of national forests in the Sierra Nevada.

The three-month suspension includes an area equal to 17,200 square miles that stretches from the Sequoia National Forest north of Los Angeles, along the mountains past Yosemite National

Park and Lake Tahoe, to the Modoc National Forest on the Oregon border.

The suspension, announced late this week, will take effect Dec. 11.

It comes in response to a lawsuit by environmentalists who want to protect the habitat of several endangered species, including the spotted owl. The suit was filed Oct. 13 with a federal judge in Sacramento.

Forestry officials agreed to the suspension, reluctantly, in part out of concern that the judge might repeat a 1991 federal ruling that stopped logging in Pacific Northwest to protect the owl.

"We strongly disagree with them on the merits of the lawsuit," Edmund Brennan, an assistant U.S. attorney, told the Sacramento Bee.

SERVICES

Ralph Dale Wixon of Spokane, Wash., and formerly of Burley, graveside service at 11 a.m. today at Riverside Cemetery in Heyburn (Hansen Mortuary Burley Chapel).

Dorothy Jean Stark of Buhl, service at 11 a.m. today at the Buhl First Christian Church (Farmer Funeral Chapel in Buhl).

George William McGinnis of Shoshone, funeral Mass at 11 a.m. today at St. Edward the Confessor, St. Edward Chapel in Twin Falls (Reynolds Funeral Chapel).

Stella May 'Dottie' Kingston of Twin Falls, graveside service at 2 p.m. today at the Twin Falls Cemetery (Parke's Magic Valley Funeral Home).

Lawrence Rex Sill of Yuma, Ariz., and formerly of Castleford, service at 11 a.m. Tuesday at the Castleford Methodist Church (Farmer Funeral Chapel in Buhl).

Frances S. Naser of Ketchum, service at 1 p.m. Tuesday at the Sun Valley LDS Chapel on Sun Valley Road, Ketchum (Wood River Chapel in Hailey).

Sarah Jane Lower of Pocatello and formerly of Twin Falls, memorial service at 1 p.m. Tuesday at Colonial Funeral Home, 2005 S. 4th Ave. in Pocatello.

Catherine Bengocchea of Twin Falls, vigil service with rosary at 7 p.m. Wednesday at Reynolds Funeral Chapel in Twin Falls; Memorial Mass at 11 a.m. Friday at St. Edward the Confessor, St. Edwards Chapel in Twin Falls. Friends may call from 3 p.m. until time of the vigil service on Wednesday at Reynolds Chapel.

Reginald Hunsaker of Bear River Valley, Utah, service at noon today at the Tremonton South Stake Center, 1150 S. Tremont St. Family and friends may call from 10:11 a.m. today at Rogers and Taylor Funeral Home, 111 N. 100 E. in Tremonton, Utah.

Helen E. Hill of Battle Mountain, Nev., and formerly of Heyburn, graveside service at 1 p.m. today at the Riverside Cemetery in Heyburn. Friends may call from 11:30 a.m. to 12:30 p.m. today at the Payne Mortuary, 221 W. Main St. in Burley.

Glen W. Hale

FILER — Glen W. Hale, 93, of Filer, died Sunday, Dec. 3, 2000, at SunHealth Care & Rehabilitation Center. Services are pending and will be announced by White Mortuary.

Juan Jose Juarez

RUPERT — Juan Jose Juarez, 18, of Rupert, died Sunday, Dec. 3, 2000, from injuries sustained in an auto accident. A rosary will be held Tuesday, December 5, 2000, at 6 p.m. in

the St. Nicholas Church, 802 F. Rupert, Idaho. The Funeral Mass will take place Wednesday, December 6, 2000, at 11 a.m. at St. Nicholas Church, with Fr. Henry Carmona officiating.

James N. Pearson

DELCO — James N. Preston, 89, of Delco resident, died Sunday, December 3, 2000, at Highland Estates in Burley. Funeral arrangements are pending and will be announced by Rasmussen Funeral Home, 1330 East 16th Street, Burley.

DEATH NOTICES

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DELCO — James N. Preston, 89, of Delco resident, died Sunday, December 3, 2000, at Highland Estates in Burley. Funeral arrangements are pending and will be announced by Rasmussen Funeral Home, 1330 East 16th Street, Burley.

For obituary rates and information, call 733-9331, Ext. 278, between 2 p.m. and 5 p.m. Monday through Saturday. Deadline is 4:30 p.m. for next-day publication. Death notices are a free service and can be placed until 5 p.m. every day.

TWIN FALLS

19, 1945 he married Elizabeth Falls, died Sunday, Dec. 3, 2000 at Bridgewater Assisted Living Center.

He was born Jan. 14, 1920 at Fair Bluff, Montana to William Leon and Bessie A. Bunch Brown.

At the age of 6 he moved to Buhl, Idaho to what was to become the family farm until Merle's retirement from farming.

He attended school in Buhl graduating in 1937. He graduated from Albion State Normal School in 1940, and the University of Idaho in 1942.

Spots were always an important part of his life and he played football at all three schools. Later he was a certified referee for area high school games. He also played outlaw basketball for a number of years as well as bowling and golf. During World War II he served in the U.S. Navy. He married Betty Jean Strawser in 1948.

His patience, determination and courage were an inspiration for all he met.

In addition to his wife of 52 years, he is survived by four children: Patricia (Karl) Benkula of Twin Falls, Scott (Gayle) of Boise, Mac D. of Twin Falls, and Judith A. Brown of Filer. 14 grandchildren, 17 great grandchildren, one sister Evelyn Langley, cousins, nieces, nephews. He was preceded in death by his parents.

Services for Merle will be conducted 11 a.m. Tuesday, Dec. 5, 2000. Interment will follow in Sunset Memorial Park.

The family suggests memorials to Idaho Home Health and Hospice, 200 2nd Ave. N. Twin Falls, Idaho 83301, or to a charity of donor's choice.

Merle Leon Brown

Merle Leon Brown, 80, of Twin

Thursday

Students in Free Enterprise

CSI Golden Eagle Booster luncheon, noon, Taylor 277.

Tuesday

Albion City Council, 7 p.m., city office.

Tuesday

Oakley City Council, 7 p.m.,

CSI TODAY

Today

CSI Golden Eagle Booster luncheon, noon, Taylor 277.

Tuesday

Advanced Regional Technical Education Coalition board meeting, 7 a.m., Taylor 258.

PACT Club

Study, 10 a.m., Shields 112.

CSI Financial Aid student exit interviews, 11 a.m., Taylor 277.

Bilingual Education (BESO) club meeting, 1 p.m., Taylor 258.

CSI Ski Club meeting, 1 p.m., Shields 101.

CSI Science Club meeting, 1 p.m., Shields 114.

Bureau of Land Management's

scoping meeting for development of north rim project, 3 to 8 p.m., Taylor 277.

Steamrolling Through the Holidays

7 p.m., Faulkner

Planetary.

"Steamrolling Through the Holidays," 7 p.m., Faulkner

Planetary.

Written tests, 8 a.m. to noon, Aspen 108.

ACT exam, 8 a.m. to noon, Shields building classrooms.

Junior Eagle basketball clinic

for kindergarten through third grades with coaches Derek Zeck and Jay Cricar, 9 a.m. to noon, gymnasium.

"The Explorers," 2 p.m., Faulkner Planetary.

"Steamrolling Through the Holidays," 4 and 7 p.m., Faulkner Planetary.

CSI Golden Eagle basketball

against Utah Valley, women at 6 p.m., men at 8 p.m., gymnasium.

Practical nursing pre-graduation white honor dinner, 6 p.m., Taylor 277.

CSI Drama Department presents "Hamlet," 8 p.m., Fine Arts Theater 119. Admission: adults \$5, students and seniors \$3.

Friday

Computer plotting of legal

descriptions for the layman

workshop, 7:45 a.m. to 5:15 p.m., Canyon 124C.

South Central District Health

Department winter general staff

meeting, 10 a.m. to 4 p.m., Taylor 276.

Latinos Unidos weekly club

meeting, noon, Shields 102.

CSI Golden Eagle basketball

against Salt Lake Community

College, women at 6 p.m., men at 8 p.m., gymnasium.

"Steamrolling Through the Holidays," 7 p.m., Faulkner

Planetary.

Written tests, 8 a.m. to noon, Aspen 108.

ACT exam, 8 a.m. to noon, Shields 117 and 118.

Church of Christ, 10:30 a.m., Evergreen 105.

CSI choral concert, 3 p.m., Fine Arts Auditorium.

Admission: \$3 suggested donation.

Sunday

Magic Valley Bible Church, 10'

a.m., to 1 p.m., Shields 117 and 118.

Church of Christ, 10:30 a.m., Evergreen 105.

CSI choral concert, 3 p.m., Fine Arts Auditorium.

Admission: \$3 suggested donation.

AUCTION

LISTINGS

THROUGH DECEMBER 15

MONDAY, DECEMBER 4 10:30AM

Davidson Ranches - Contracts

Bidding Lot 1

Advertisement - November 20, 2000

www.us-auctions.com

TUESDAY, DECEMBER 5 5:00PM

Houseshold - Tools - Antiques

Consignments Welcome - Jerome KLAAS AUCTION BARN

208-324-5521

TUESDAY, DECEMBER 5 11:00AM

JDK Ranches - 11:00AM

Farm Parts - Heyburn

Advertisement - December 6, 2000

www.us-auctions.com

SATURDAY, DECEMBER 6 11:00AM

Farm Sports - Twin Falls

Advertisement - December 7, 2000

HUNT BROTHERS AUCTIONS

208-734-2548

MONDAY, DECEMBER 11 11:00AM

JDK Ranches - 11:00AM

Farm Parts - Heyburn

Advertisement - December 12, 2000

www.us-auctions.com

TUESDAY, DECEMBER 12 10:00AM

Koben Farms Inc - Large Farm Equipment

Estate Auction - Wendell

Advertisement - December 12 & 12/1

Tim 518-2120

MUSSER BROS. AUCTIONEERS

www.mbauction.com

FRIDAY, DECEMBER 13 11:00AM

JDK Ranches - 11:00AM

Farm Parts - Heyburn

Advertisement - December 14, 2000

www.us-auctions.com

SATURDAY, DECEMBER 14 10:00AM

Farm Sports - Twin Falls

Advertisement - December 15, 2000

PRIME TIME AUCTIONS

www.ptaucts.com

SATURDAY, DECEMBER 14 10:00AM

Farm Sports - Twin Falls

Advertisement - December 15, 2000

JMA AUCTIONEERS

www.jmauctions.com

SATURDAY, DECEMBER 14 10:00AM

Farm Sports - Twin Falls

Advertisement - December 15, 2000

SPRING GOOD COMPANY FARM AUCTIONS

Advertisement - December 15, 2000

JMA AUCTIONEERS

www.jmauctions.com

SATURDAY, DECEMBER 14 10:00AM

Farm Sports - Twin Falls

Advertisement - December 15, 2000

PRIME TIME AUCTIONS

www.ptaucts.com

SATURDAY, DECEMBER 14 10:00AM</p

MAGIC VALLEY/WEST

Rancher develops satellite collars for steering cattle

DENVER (AP) — That voice saying "git along little doggie" might some day come from space.

Dean Anderson envisions a bovine utopia where cattle roam the range and are controlled by "virtual fences" operated by couch-potato ranchers.

Anderson, 35, who has worked 23 years in New Mexico with the Agricultural Research Service of the U.S. Department of Agriculture.

Now he is developing a cow collar that would allow the controller to steer the cattle to prime rangeland and away from dangerous areas.

"You can make a cow move in different directions depending on where you stand, or by the direc-

tion, angle and speed of your approach," he said. "The virtual fence uses electronically generated cues instead of a person to achieve the same effect."

The benefits: reduction in fencing costs, fewer cowboys needed to manage herds, better range management, open space unspoiled by crisscrossed fences.

For the time being, the cost is the big drawback. The first operating collar cost \$100,000 though a manufacturer believes the device could be made for \$2,470 if produced in lots of 20 or 30.

Anderson is hopeful that mass production and anticipated technological improvements could push the cost down to a manageable \$10 to \$30 per head.

Conservation groups urge pepper spray requirement

JACKSON, Wyo. (AP) — Conservation groups are asking that Wyoming hunters be required to carry pepper spray in the area surrounding Yellowstone National Park to reduce conflicts with bears.

As many as 32 grizzly bears have died in the Yellowstone region this year, and 23 of those deaths were caused by humans, according to Montana officials.

Of those 23, human-caused deaths, at least 11 were due to con-

flicts with hunters.

"The hunting issue is popping up as the primary cause of grizzly mortality in the Greater Yellowstone Ecosystem for the past several years now," said Louis Wilcox of the Sierra Club Grizzly Bear Ecosystems Project, one of the groups asking Wyoming to make pepper spray mandatory.

State wildlife officials have said pepper spray can save both humans and bears from injury and death.

Blaine County Commissioners to consider subdivision application

The Times-News

HAILEY — The Blaine County Board of Commissioners will consider an application of Seaboard

Inc. to subdivide 79 acres near Oulu Gulch into 19 lots at today's meeting.

The meeting will begin at 8:45 a.m. at the county courthouse.

Hospital

Continued from A4
close.

To boost patient satisfaction, the hospital started offering valet parking and one department improved its pre-admissions process. Other departments learned to be more sensitive, Bright said.

"We've raised our standards and set our goals to provide not just good service, but excellent service — to become the best of the best," Bright said.

To do that, the hospital needed to know how it compared to other hospitals. Before January, the hospital monitored patient satisfaction, but didn't compare itself to other hospitals, Bright said.

"The information we were getting was good, but inconsistent and not impacting what we were doing every day," she said.

Jerry Hart, the hospital's CEO, got the idea of using Press, Ganey surveys after visiting Baptist Hospital in Pensacola, Florida in Nov. 1999, Bright said.

He basically did a case study of the hospital, which completely changed the culture and what's what we want here," she said.

Baptist Hospital was ranked near the bottom, but after starting a customer service initiative the hospital climbed to the 98th percentile, Bright said.

Hart wanted staff to focus on treating patients and visitors better. One example was to show people where to go when they asked for directions, instead of pointing, Bright said.

The customer service initiative has been successful, but there is still a long way to go, hospital spokesman Shawn Barigar said.

Here's how the hospital's four main departments reacted to patient scores, and what they did to improve them.

Emergency department

Despite an increase in patient volume, the ER lowered patient waiting time about half an hour and improved its ranking, Bright said. The ER went from the 37th percentile in March to the 57th in September.

The ER added physician assistants to decrease waiting time.

"We're thrilled with the work down there," she said.

Same day surgery

Same day surgery wins the most improved award. It went from the 17th percentile in March to the 59th in September.

But the department's rank actually dropped after surgeons, nurses and other staff worked to improve their care. It dropped from the 17th percentile in March to 11th in June, according to Press, Ganey.

They were absolutely floored, Bright said. "It's a small

Hospital performance
Here's how Magic Valley Regional stacked up against hospitals across the nation this year. There are two scores — percentile rank and raw scores. Percentile rank compares Magic Valley Regional to hospitals of all sizes. Raw scores are the actual scores from patients.

	March	April	May	June	July	August	September	October
	Emergency Department							
Percentile (compared to 558 hospitals)	37%				49%			57%
Raw score	79	80.4	80.7	79.1	79.2	82.6	81.9	83.5
Raw score average	80				79.8			79.8

Same day surgery
Percentile (compared to 372 hospitals)

	March	April	May	June	July	August	September	October
	Same day surgery							
Percentile (compared to 372 hospitals)	17%				11%			59%
Raw score	88	87.9	87.3	86.9	90.8	89.4	91.4	91.8
Raw score average	89.7				89.8			89.8

Inpatient services
Percentile (compared to 612 hospitals)

	March	April	May	June	July	August	September	October
	Inpatient services							
Percentile (compared to 612 hospitals)	25%				65%			65%
Raw score	81.3	81.9	85	84.4	84.1	83.2	85.6	81.4
Raw score average	82.8			82.9			83	

Outpatient services
Percentile (compared to 315 hospitals)

	March	April	May	June	July	August	September	October
	Outpatient services							
Percentile (compared to 315 hospitals)	17%				23%			33%
Raw score	84.8	86	86	84.7	86.7	86.6	86.3	85.5
Raw score average	87.1			87.1			87.1	

Source: Magic Valley Regional Medical Center, Press, Ganey Associates, Inc.

department, and we were wondering what was going on, then we realized the competition was so good."

The department had a raw score of 91.4 in September, but was only in the 59th percentile, according to Press, Ganey.

"We have to really wow patients to get ranked high, so staff have gotten really enthused," Bright said.

The department made pre-admissions faster and increased sensitivity to patients to improve its score.

Inpatient services

Inpatient services took a hit in October. Its raw score went from 85.6 in September to 81.4 in October, according to Press, Ganey. This department can be unwieldy because it consists of six departments, Bright said.

"We don't expect this to be a problem, it's trending up and

we've made changes," she said. "Staff takes this seriously."

Outpatient services

This department is the least improved. It only increased from the 17th percentile in March to the 33rd in September, according to Press, Ganey.

"We're having some difficulty here, but we're making strong progress," Bright said. This department has many services which can be unwieldy, she said.

The department was also hampered when patients didn't return enough surveys to get good data for some services.

"It's important everybody returns their survey because that is how we reward staff, and how we make changes," Bright said.

Times-News writer Brandon Fiala can be reached in Twin Falls at 735-3246.

Continued from A4
close.

</

MORNING LINE

SPORTSQUOTE

“

I wasn't hired because I was the governor. I was hired because I'm 'Jesse the Body.'

”

—Minnesota Gov. Jesse Ventura on why he was hired as an XFL analyst.

TRIVIA

QUESTION:

Who holds the NFL record for most consecutive completed passes?

...answer below

TODAY'S SCHEDULE

Boys' high school basketball

MVCA JV at ISDR, 6 p.m.; Ketchum at Camas, 7:30 p.m.

High school girl's basketball

Ketchum at Camas County, 6 p.m.

IN BRIEF

Boise State to face Texas-El Paso

BOISE — Boise State University and the University of Texas-El Paso will meet for the first time at the fourth Crucial.com/Humanitarian Bowl on Dec. 28.

Boise State won its second straight Big West Conference this past month, while the University of Texas-El Paso was co-champion of the Western Athletic Conference with Texas Christian University.

B-1

State's record stands at 9-2 and the University of Texas-El Paso finished the 2000 regular season at 8-3.

Boise State has the country's top scoring offense with an average 44.51 points per game. The University of Texas-El Paso averages 32.27 points each game to rank 22nd in the nation. The Broncos are second in the U.S. for total offense, averaging 496.27 points per game, while the Miners averaged 407.45 yards per game to rank 36.

Boise State's Bart Hendricks is the NCAA's top-rated quarterback in passing efficiency (170.63), touchdown passes (35) and points responsible for with a 23.01 per-game average. The University of Texas-El Paso's Rocky Perez holds the country's eighth-best pass efficiency rating at 147.14, 26 touchdown passes and is third in points responsible for with a 17.64 per-game mark.

"It's great because they are entering the WAC next year and they are the Big West conference champions," said University of Texas-El Paso Head Coach Gary Nord. "So it'll be two champions going head-to-head and a future WAC opponents."

Boise State won last year's Crucial.com/Humanitarian Bowl with a 34-31 victory over the University of Louisville of Conference USA.

Candleridge course reduces rates for winter

TWIN FALLS — Winter rates are now in effect at Candleridge Golf Course.

Nine holes of golf is \$7; the 18-hole rate is \$10.50. Rates apply on weekdays and weekends and carts are available, weather permitting. Also available are 2001 season passes and punch cards.

Compiled from staff and wire reports

TRIVIA ANSWER:

Joe Montana of the San Francisco 49ers, 22 — against Cleveland on Nov. 29, 1987, and Green Bay, 17, on Dec. 6, 1987.

Pittsburgh, Stewart scoot past Oakland

The Associated Press

PITTSBURGH — They hadn't played in Pittsburgh in 20 years, but it didn't take long for a typical Raiders-Steelers game to break out. There was spitting, shoving and a surprising return by an injured quarterback.

Yes, the mandatory disputed ending, too.

Kordell Stewart, playing again like he did three years ago, unexpectedly returned from a supposedly game-ending knee injury to rally the Pittsburgh Steelers to a 21-20 upset of the Oakland Raiders on Sunday.

Stewart threw a 19-yard touchdown pass to Bobby Shaw before injuring his right knee late in the first quarter, then came back with the Steelers (7-6) down 17-7 for a 6-yard scoring pass to Mark Brunner and a go-ahead 17-yard touchdown run.

"You knew he was hurting, and to see him come back, that lifted everybody up," said Jerome Bettis, who ran for 128 yards.

Stewart's comeback also rallied a defense that held the Raiders to Sebastian Janikowski's 42-yard field goal in the second half. Janikowski missed a 44-yarder about four minutes left.

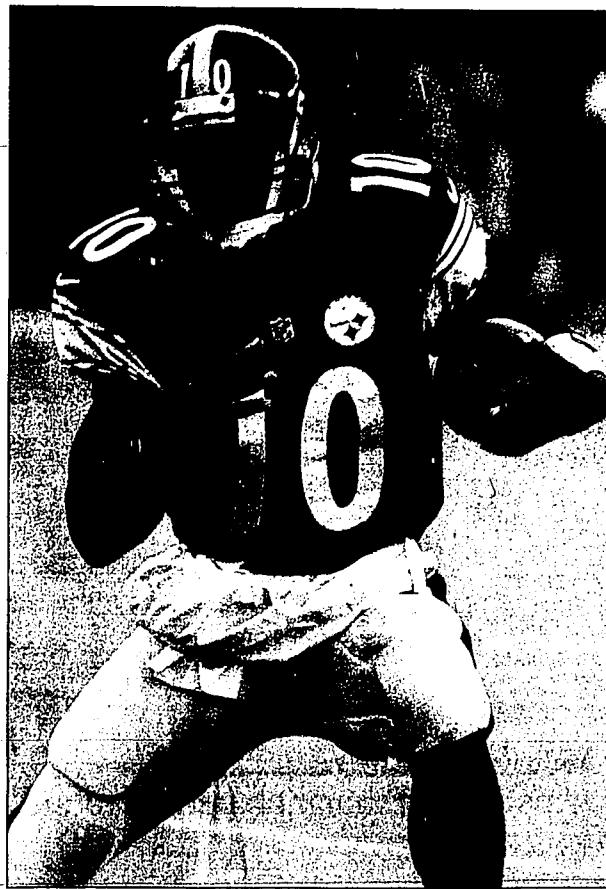
"It was a really emotional game," safety Lee Flowers said. "Some guys even had tears in their eyes."

The Steelers beat the Raiders in the 1972 AFC playoffs on Franco Harris' Immaculate Reception, and owner Al Davis is still incensed about a 16-10 loss in the 1975 AFC title game played on a suspiciously icy field.

"I don't know if this was as strange as 1972 and 1975, but it was a strange football game," Raiders receiver Jim Brown said.

Even though the teams hadn't played since 1995, the game was especially physical and intense. The Raiders' Regan Upshaw reflected that by spitting in Steelers punter Josh Miller's face after the two argued briefly.

"That shows you what an emotional game it was," Flowers said.



Pittsburgh quarterback Kordell Stewart scrambles for a touchdown against the Oakland Raiders in the fourth quarter of their game Sunday. The Steelers won 21-20.

Seminole back in familiar spot BCS games set with few surprises

The Associated Press

Whatever system college football uses to decide a national champion, Florida State always seems to be in the mix.

For the fourth time in the last five seasons, the Seminoles will play for a national title — this time No. 3 Florida State (11-1) goes against No. 1 Oklahoma (12-0) in the Orange Bowl on Jan. 3.

In the third season of the Bowl Championship Series, the system of rating teams using polls, computers, schedule strength and bowl game schedule, Page A9

Sunday.

The matchup creates the possibility of split national champions. The AP media poll and the coaches poll — the two polls that select national champions — both select Oklahoma and Miami as co-champions. Florida and Miami beats Florida in the Sugar Bowl on Jan. 2, there's a chance for co-champions. Miami defeated Florida State 27-24 on Oct. 7.

In the final AP media poll, the sports writers and broadcasters vote independently of the BCS, while the coaches poll crowns the Orange Bowl winner its champion.

Florida State coach Bobby Bowden said the BCS formula shows his Seminoles are worthy of playing in the Orange Bowl.

"Everything was run through the computer," Bowden said. "We had nothing to do with it. The facts were fed in during the season and it came out ranking us second. We will accept that. I'm not turning it down."

Florida State (11-1) is trying to become just the seventh school to win back-to-back national crowns and the first since Nebraska did it in 1994-95.

Please see FOOTBALL, Page A8

Lovely comeback



Davis Love III drives a shot down the 18th fairway during the final round of the Williams World Challenge Sunday. Love won the event with a 22-under-par 266.

AP photo

Woods, Garcia fall short at Williams World Challenge

The Associated Press

— THOUSAND OAKS, Calif. — Davis Love III charged from behind with an 8-under 64 Sunday to overtake Tiger Woods and Sergio Garcia and win the Williams World Challenge.

Love, who hasn't won a PGA Tour event in more than two years, finished with a 22-under 266 total — including two 64s — at Sherwood Country Club to take the \$1 million first prize.

Woods, the tournament host, closed with a 69 that left him two shots back in second.

Garcia, the 20-year-old Spanish star, had an up-and-down round and finished with a birdie on No. 2.

73 to finish third at 17 under. Love, whose 13 tour victories include the 1997 PGA Championship, began the day at 14-under, four shots behind Garcia and three back of Woods.

Love took his first lead of the tournament with a birdie on the 385-yard, par-4 No. 10 to go to 18-under. He padded his lead to two shots with an eagle on the 522-yard, par-5 No. 11 and stayed at least two shots in front of Woods the rest of the way.

Garcia had led or been tied with Woods at the front since shooting 65 on the first day. He and Woods sawed on the first nine holes of the final round. Woods drew even with a birdie on the first hole, then Garcia moved a shot in front with a birdie on No. 2.

Please see GOLF, Page A8

Phoenix downs Portland

Kidd drops 29 on Blazers in 84-79 victory

The Associated Press

PHOENIX — Jason Kidd scored 23 of his 29 points in the second half and Phoenix closed the game with a 10-run.

The Suns fell behind 79-74 on Steve Smith's layup with 1:45 to play.

Cliff Robinson, who had 20 points, nine assists and seven rebounds, made a 3-pointer to cut the lead to 79-77 with 1:30 to go. Kidd's fourth 3-pointer of the second half gave Phoenix an 80-79 lead with 50 seconds remaining. His 16-footer with 15 seconds to go made it 82-79.

Spurs 97, Grizzlies 79

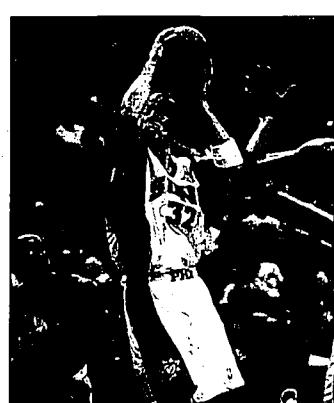
VANCOUVER, British Columbia — Tim Duncan scored a season-high 30 points Sunday and the San Antonio Spurs used a 35-point third quarter to beat the Vancouver Grizzlies 97-79.

Shareef Abdur-Rahim had 16 points and 11 rebounds and reserve Grant Long tied a season high with 16 points as the Grizzlies lost their second straight home game.

Bucks 92, Pacers 80

MILWAUKEE — Glenn Robinson, one of three starters who began the game on the bench for missing a pre-game meeting, scored 24 points for the Bucks to their third straight win.

Bucks coach George Karl kept Robinson, Jason Caffey and point guard Sam Cassell out of the starting lineup one day after



criticizing his team for its dismal play in a loss at Atlanta.

Celtics 96, Clippers 87

BOSTON — Paul Pierce scored 25 points and Antoine Walker had 17 points and 14 rebounds as Boston snapped a two-game losing streak.

Lamar Odom scored 19 and Quentin Richardson had 13 with 11 boards.

Pistons 93, Wizards 87

AUBURN HILLS, Mich. — Jerry Stackhouse returned after missing one game with the flu and scored 24 points to lead the Pistons to their third straight win.

Stackhouse, the NBA's leading scorer at 28.7 points per game, was 7-of-19 from the field

Phoenix's Jason Kidd drives the lane as Damon Stoudamire, left, of the Portland Trailblazers looks on. Kidd finished with 29 points as the Suns defeated Portland 84-79.

and 8-of-12 from the free throw line. Chauncey Billups scored 16 points for the Pistons, while Ben Wallace added nine points and 14 rebounds.

Sonics 118, Warriors 102 SEATTLE — Gary Payton scored a season-high 38 points and had 12 assists as the Seattle SuperSonics overcame a career performance by Antawn Jamison in an 84-102 victory over the Golden State Warriors on Sunday night.

Jamison, a third-year forward, scored 51 points on 23-for-36 shooting and had 14 rebounds.

The Sonics beat the Warriors for the 10th straight time on their homecourt and improved to 3-1 under new head coach Mike McMillan. The Warriors are 1-9 on the road.

SPORTS

Anderson, Broncos bust Saints 38-23

Denver running back sets rookie rushing mark

The Associated Press

Mike Anderson ran 37 times for 251 yards and four touchdowns, breaking the NFL rookie rushing record in Denver's victory at New Orleans.

Anderson broke the mark of 246 yards on 39 attempts set by Corey Dillon on Dec. 4, 1997. Anderson also broke Terrell Davis' 215-yard single-game rushing record for the Broncos.

The victory was the fifth straight for Denver (3-4).

New Orleans (8-5) got another big game from Aaron Brooks, who completed 30 of 48 passes for 441 and two touchdowns, breaking Archie Manning's single-game team record of 377 yards set in 1980.

Titans 15, Eagles 13

Al Del Greco's kick went through, putting the New York Giants ahead again in the NFC East.

Del Greco, Tennessee's 38-year-old kicker, who missed two field goals and an extra point to cost the Titans two games, kicked a 50-yarder as time expired to beat the Philadelphia Eagles 15-13 Sunday.

Giants 9, Redskins 7

Washington's 44-year-old kicker, Eddie Murray, was short on a 49-yard attempt as the Giants beat the Redskins 9-7 to pass Philadelphia atop the division. The Eagles had taken the lead two weeks ago when the Giants lost to Detroit.

"There were a lot of things said about us," safety Sam Gaines said of the Giants (9-4). "We're just looking forward to going out there and proving everyone wrong and showing ourselves that we can be a playoff team. We've still got a long way to go, but it's right there for us."

Panthers 16, Rams 3

Kurt Warner, out five weeks with a broken finger on his throwing hand, marked his return with four interceptions — one was



Denver running back Mike Anderson races for a touchdown against New Orleans on Sunday. Anderson had 37 carries for 251 yards and four touchdowns, breaking the NFL rookie rushing record in the Broncos' 38-23 victory.

Dallas (4-9) lost to Tampa Bay for the first time after winning all eight previous meetings.

Bengals 24, Cardinals 13

Dillon ran for 216 yards — his third-best game — as Cincinnati beat Arizona before the smallest crowd at Paul Brown Stadium.

Dillon also had a 3-yard touchdown run as part of the biggest game ever against the Cardinals (3-10).

Dillon's 18th 100-yard game set a 5-year span to build a 240-halftime lead. Miami had five of six, including four straight on the road, and won at Buffalo for the first time since 1996.

The loss was Buffalo's worst at home since 1992.

Dolphins 33, Bills 6

Jay Fiedler threw a career-high three touchdown passes, all in the first half, as AFC East-leading Miami routed Buffalo (7-6).

The Dolphins (10-3) scored 17 points in a 5:25 span to build a 240-halftime lead. Miami had five of six, including four straight on the road, and won at Buffalo for the first time since 1996.

The loss was Buffalo's worst at home since 1992.

Bucs 27, Cowboys 7

Warrick Dunn ran for a career-high 210 yards and two touchdowns to lead Tampa Bay over Dallas.

Dunn went over 100 yards and scored twice for the second straight week for the host Buccaneers (8-5).

Kansas cowboy wins second straight bareback round

National Finals Rodeo

with my whole family here. It's just one of those years. I can't explain it. It's going great."

In bull riding, rookie Cody Hance of Taylor, Ariz., also claimed his second win in two nights. The consecutive victories took him from 15th to first in the world standings.

Hancock scored 90 points on Color Me Bad to push his average total to 183.

In steer wrestling, Trav Cadwell of Oakdale, Calif., won the second round with a 3.9-second run. Frank Thompson of Cheyenne, Wyo., was second at 4.1. Thompson is the leader in the two-head average and third

in the world standings.

Only four sets of team ropers posted clean times. Bobby Hurley of Ceres, Calif., and Tyler Magnus of Llano, Texas, bounced back from a no-time in the first round to win the second in 5.0 seconds.

Daniel Green of Oakdale, Calif., and Allen Bach of Millsaps, Texas, used a 5.3-second, second-place run to take the lead in the average. Header Green moved to third in the world standings, while Bach sits seventh in the heading standings.

Billy Elbauer of Ree Heights, S.D., the world champion saddle bronc rider who was bucked off Friday, had an 87-point ride on Skoals Tumbleweed to win the

second round. Elbauer is second in the world standings, nearly \$26,000 behind all-around leader Scott Johnston. Johnston, an Australian now living in Texas, is second in the average standings.

Ty Hays of Weatherford, Okla., won the calf roping with a 7.7-second run. He's fourth in the world standings, about \$32,000 behind Blair Burk of Duran, Okla.

Kelly Yates of Pueblo, Colo., turned in a 13.96-second run to win the second round of barrel racing. Charmane James-of-Gustine, Texas, held a slim lead in the world standings by placing sixth, while Marlene maintained the lead in the average standings.

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New Jersey skates to 1-1 tie with Islanders

UNIONDALE, N.Y. (AP) — Sergei Brylin's goal with 7:26 left in the game lifted the New Jersey Devils into a 1-1 tie against the New York Islanders on Sunday.

Brylin collected a loose puck at the top of the crease and pushed it through Islanders goalie John Vanbiesbrouck's pads for his sixth goal of the season.

Marin Brodeur stopped 22 shots for New Jersey, which extended its unbeaten streak to eight games (6-2-2).

Senators 2, Hurricanes 0

RALEIGH, N.C. — Alexei Yashin and Rob Zamuner scored seven minutes apart in the second period as Ottawa won its third straight game.

NHL

Patrick Lalanne stopped 28 shots for his second shutout of the season and eighth of his career for Ottawa, which leads the Eastern Conference in wins (15) and points (34).

Alvarez 6, Rangers 3

NEW YORK — Joe Sakic scored a power-play goal with 4:32 remaining and had two assists as Colorado ran its winning streak against the Rangers to 14 games.

Ray Bourque had two assists and scored a short-handed goal into an empty net with 38.6 left

to seal it. Shjon Podein also scored an empty-netter.

Peter Forsberg, Martin Skoula, and Alex Tanguay also scored for Colorado.

Blackhawks 5, Blue Jackets 0

CHICAGO — Jocelyn Thibault stopped 29 shots for his first shutout of the season as Chicago extended the Blue Jackets' losing streak to eight games.

The Blue Jackets' eight-game losing streak is the longest in the NHL this season.

Mighty Ducks 4, Kings 0

ANAHEIM, Calif. — Mike LeClerc and Oleg Tverdovsky scored power-play goals in the final two minutes of the second

period, and Guy Hebert posted his 27th career shutout as Anaheim ended a three-game losing streak.

Andy McDonald, Paul Kariya also scored for the Mighty Ducks.

Teemu Selanne and Oleg Tverdovsky each had two assists.

Sharks 3, Oilers 3

EDMONTON, Alberta — Bryan Marchment's goal with 3:39 left in the third period capped a three-goal comeback as San Jose rallied to beat the Edmonton.

San Jose extended its unbeaten streak to three games.

Tom Poti and Chad Kilger scored in the first period, and Anson Carter scored in the second as Edmonton built a three-goal lead.

Kuerten sweeps Agassi to finish as world's No. 1

LISBON, Portugal —

Andre Agassi in straight sets Sunday to win the season-ending Masters Cup and finish the year as the world's No. 1 player.

The Brazilian won 6-4, 6-4, 6-4, beating the player who had finished 1999 with the top ranking.

This was the first time Kuerten won the Masters Cup, a tournament featuring the sport's top eight players.

"It's been a great week, the last tournament, the last match," Kuerten said. "I had to

give everything."

Marat Safin, who came into the Masters Cup with a 75-point lead over Kuerten, lost to Agassi in the semifinals. The Russian would have finished No. 1 if Kuerten lost.

Kuerten, who won his second French Open title this summer, led the race for 16 weeks, longer than another other player. This was his fifth title of the year and earned him \$1.4 million.

Kuerten wrapped himself in a Brazilian flag as he waited for the awards ceremony. He celebrated with his family while a stunned Agassi sat in his chair.

"He just played the big points better," said Agassi, who at 30 was the oldest player in the tournament.

SCORES AND STATS

BASKETBALL

National Basketball Association

All Time MET EASTERN CONFERENCE

Philadelphia 76ers

New York Knicks

Boston Celtics

Brooklyn Nets

Philadelphia 76ers

Philadelphia 76ers</h

OPINION

Opinion Editor: William Brock - 733-0931, Ext. 264

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Monday, December 4, 2000

The Times-News

OTHER-VIEWS

Why being sorry isn't good enough

From the Standard-Examiner (Ogden, Utah)

The conviction of a speeding skier for slamming into and killing a novice skier happened in Colorado. But the avalanche of repercussions is being felt at ski resorts throughout the West and may clear the slopes for a safer ski season everywhere.

Nathan Hall was barely old enough to vote when, in April 1997, he headed downhill on the last run of the day for his job as a Vail ski-lift operator.

Reports indicate that he flew off a knoll without looking below for skiers; Hall's skis, flailing out of control, crushed the skull of 33-year-old Alan Cobb, who was moving much slower on this, only his fourth time on the slopes.

Two juries acquitted Hall, indicating that skiing is an inherently risky sport, and the purchase of a lift ticket is an implicit acceptance of that risk. But the Colorado Supreme Court ruled Hall's behavior sufficiently reckless and, two weeks ago, a jury convicted him of reckless manslaughter and sent him to prison for at least six years.

The attitude of the then 18-year-old skier reflects a common line of thought among skiers. According to his taped confession hours after Cobb's death, Hall said he considered

himself an expert skier who lost control "this one time."

Those who hurtle down the mountain without regard for fellow skiers may consider themselves to be in the expert category - and so they will, until "this one time" throws a child or a putt-putt skier in their path and they are unable to regain control.

Last year, some 30 people died in U.S. ski accidents. The fact is, at such fast speeds, skiers and snowboarders simply have no time to react in a safe manner.

Awareness among skiers of the importance of safety has grown dramatically in recent years, thanks in no small measure to the well-publicized deaths of Michael Kennedy and Sonny Bono. These days, many ski resorts are now more likely to pull the passes of hotdogging skiers and snowboarders.

This time, however, the precedent for punishment has been set. Reckless skiers will be held accountable for their actions. So, now that ski resorts are winding up for a busy season, it's prudent to remember that actions occurring in the space of a heartbeat can have consequences that endure for years.

Parents, remind your young skiers to slow down; others' safety besides their own is at stake.

The lesson from a Colorado courtroom is clear: Reckless skiers will be held accountable for their actions.



Let's restore civility to government

FRANK WRIGHT

Long after the presidential debate in Florida is resolved, a far greater challenge will await the president-elect and congressional leaders. Borrowing from Chuck Colson's recent book, the challenge could be stated as, "How Now Shall We Govern?"

Let's face the facts. Politically, the nation is divided. Urban vs. rural. East vs. West. South vs. North. Black vs. white. Pro-life vs. pro-choice. Pick a demographic or an issue and you're likely to find a near 50-50 split.

Then take a look at Congress.

Republicans hold a very slim majority in the House. They consider the possibility of a 50-50 split in the Senate, with Democratic leaders campaigning for a share of leadership. Plus, Democrats are already eyeing possible mid-term election gains in 2002 that could give them control of both Houses. Add to that an incoming president who will spend the first several months of his administration shaking the "His illegitimacy" tag and you have a recipe for gridlock.

Things could get ugly, and quick. And considering recent history, the tone of the debate will undoubtedly worsen. So, what do our leaders in Washington need? In a word, civility. In heavy doses. And right away.

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Sounds like something we would all like a little more of. Why, then, does civility in politics suffer? Perhaps more than any other field of endeavor, politics is driven by ego. And nothing fans the flames of ego - and destroys civility - better than television.

On "talking heads" shows, liberal and conservative partisans willingly play to the cameras and engage in hostile show-

manship. But once the studio lights go out, these same hostile partisans may actually retreat together to a favorite watering hole.

That's the only problem, is the viewing public only sees the television "stage bickering."

Soon, the stage rhetoric begins to bleed over into the rest of Capitol Hill forums, public and private. Does it matter when politicians launch ad hominem attacks over the boob tube? You bet. Just like it matters that so many athletes have become braggadocios boasting after even ordinary tackles on Monday night. Soon, kids across America are doing the "Deion Dance" while parents fight an uphill battle to teach their kids sportsmanship.

So, how do we restore civility? Here are some practical pointers:

• First, learn to accept defeat (and victory) graciously. Losing is difficult. But let's look on the bright side: no matter how difficult this election process has been, the change in power has occurred without troops marching in the streets. Plus, the minority party holds a very important role in our government.

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Sounds like something we would all like a little more of. Why, then, does civility in politics suffer? Perhaps more than any other field of endeavor, politics is driven by ego. And nothing fans the flames of ego - and destroys civility - better than television.

• Second, guard what you say, especially on television. Words have impact, and that impact is amplified under the bright lights of television.

• Third, find excuses to meet across partisan lines at your favorite eatery, far from the bright lights. I was encouraged to hear

• Fourth, learn to accept defeat (and victory) graciously. Losing is difficult. But let's look on the bright side: no matter how difficult this election process has been, the change in power has occurred without troops marching in the streets. Plus, the minority party holds a very important role in our government.

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Politics has weathered worse storms

As Americans await the final verdict on this presidential election, they are being bombarded by a host of possibilities that test and strain their faith in the democratic electoral process. The razor-thin closeness of the vote, the call for recounts and the filing of lawsuits breaks new ground in the history of presidential contests. And the awful potential for a deepening crisis is in the back of everyone's mind.

But as apparently unprecedented as this election is, it pales when compared with the electoral deadlock exactly 200 years ago. For, as anxious as the public is today about the impasse, no one seriously believes that it threatens the future of the republic or of democratic government. In the election of 1800, however, a tie in the Electoral College between Thomas Jefferson and his Republican running mate for vice president, Aaron Burr, provoked one of the greatest political and constitutional crises in the history of the republic.

The problem arose because under the Constitution (until the passage of the 12th amendment) electors were to cast two votes. The person receiving the highest number, provided it was a majority of the total vote, was to become president and the person receiving the second highest vote, vice president. Republican electors in 1800 made the almost fatal error of giving both Jefferson and Burr the same number of votes.

Burr's unexpected refusal to accede and deny any claims to the presidency in favor of Jefferson threw the election into the House of Representatives and led to ever-deepening suspicion and hostility between Jefferson's

JAMES ROGER SHARP

Republicans and the governing Federalists, who attempted to exploit the situation.

From December 1800 until late February 1801, when the election was finally decided in the House of Representatives, the country teetered at the brink of disintegration. The atmosphere was feverish with tension, fear and confusion. Federalists and Republicans were willing to believe that their opponents were capable of virtually any action, no matter how treacherous or violent, in order to gain or retain power.

Rumors swept various state capitals as well as Washington, D.C., which had just become the nation's capital the previous June, about Federalist plots to deny Jefferson the presidency by a usurpation of power or by throwing support to Burr. There were suspicious fires in Washington that both sides blamed on the other, and talk was rife about state militias arming, a possible civil war and the breakup of the union. It was even rumored that Jefferson would be assassinated.

Finally, after 36 ballots in the House of Representatives, Jefferson was elected when several Federalists either abstained themselves or cast blank ballots. Thus, in 1800, confronted by the awful specter of a political and constitutional abyss, a few public men rose above partisanship and ended the crisis.

Then, unlike today, the Constitution and the government were fragile and tenuous. And many Americans, while they

hoped for the best, feared that the 12-year-old Constitution, the republic and the union might not endure. Political opposition was regarded as illegitimate, and each side distrusted the other with power. Nonetheless, in 1800-01, the republic withstood the threats, and for the first time in American history, power was transferred from one party, the Federalists, to another, the Republicans.

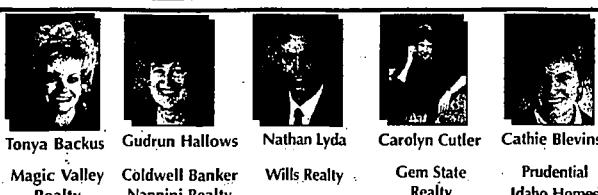
Years afterward, Jefferson ascribed to the significance of the election when he wrote that the "revolution of 1800... was as real a revolution in the principles of our government as that of 1776 was in its form." Now, 200 years later, despite the intensity of the partisan division between Democrats and Republicans, the increasing political tensions brought on by the stalemated election and the uncertainty as to its resolution, no one questions whether the republic will survive. These divisions today, while significant and troubling, are diminished when compared with the standoff of 1800.

Political partisanship has been and will continue to be the lifeblood of our democracy. A history of more than 200 years of political conflict tempered by accommodation and compromise acts to mitigate and to put into perspective the present crisis. For no matter how fearful and suspicious supporters of Al Gore and George W. Bush are of the other side, neither challenges the other's loyalty to the Constitution and the republic.

James Roger Sharp is professor of history in The Maxwell School of Syracuse University and the author of "American Politics in the Early Republic."

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Nixon, Castro cast long shadows

MICHELL MOSS

Despite the enormous cast of characters in Florida, two unlikely figures—former President Richard Nixon and Cuban dictator Fidel Castro—will ultimately influence the selection of our next president. The final decision will be the result of forces set in motion more than 40 years ago by two of the most remarkable individuals of the 20th century.

Nixon, the 37th president, appointed the current chief justice of the United States, William Rehnquist, an assistant attorney general in 1959 and then, in 1971, selected Rehnquist to serve on the Supreme Court. After Warren Burger retired as chief justice, Rehnquist was elevated to that post. It is essential to understand this political pedigree in the context of a Supreme Court hearing on the presidential case.

Before serving on the nation's highest court, Rehnquist was the director of ballot security for the Republican Party in Phoenix. Long before the Voting Rights Act of 1965, ballot security was the term used to describe the practice of limiting access to the voting booth of the other side's people. Rehnquist may be the most seasoned jurist in America with firsthand knowledge of how local election boards can influence access to the voting booth and vote counts.

Not everyone plays politics

Is "partisan politics" a fair charge against the Republican-dominated Florida Legislature to discuss the possible appointment of presidential electors?

If we play by the same standards, would it not be partisan politics by the all-Democrat Florida Supreme Court to deny the Bush legal team's objections to a hard re-count? Was it not partisan politics to reprimand Republican Katherine Harris for her appropriation of authority granted to her by the state of Florida?

Why do Democrats sport this "holier than thou" attitude, claiming divine objectivity while scorning Republicans for partisanship? I just don't get it.

The cliché, "What's good for the goose is good for the gander,"

chief justice. Republicans recognize that the chief justice must be a politician, or at least have political credentials; the Supreme Court is too important to be controlled by unpredictable law professors.

Rehnquist, like George W. Bush's father, owes his career to Nixon. It was Nixon who gave former President George Herbert Walker Bush his start in national politics. Bush served as head of the CIA and chairman of the Republican National Committee during the Nixon years.

So Nixon, even though he is dead, has influence over this election. His appointee, Rehnquist, is in a position to ensure the elevation of another appointee's son to the White House.

And who would have predicted that Castro, with the assistance of his attorney, Miami-Dade County, would have an impact on the presidential election in 2000?

Forget about punch cards, chads, absentee ballots and legal briefs, this election is in the hands of two political pros: Nixon and Castro. No matter where they are situated, they still manage to influence our lives.

LETTER

figures more prominently.

Consider this. The citizens of Florida elected those Republicans to the Florida Legislature. Are not the Supreme Court members appointed?

The Supreme Court took unprecedented actions by going beyond mere "interpretation" of Florida law to rewrite new law. This served as a wake-up call to help Florida legislation clarify their constitutional rights and responsibilities. By going out of the boundaries of their authority, the Supreme Court has forced the Legislature to take corrective action. It was taught in high school that this is called "checks and balances."

3. Is not Circuit Court Judge Saundra Sault a Democrat? His denials of the Gore team's request

for a speedy ballot count not only weakens the charges of replete partisan bias, it legitimates the concerns of the Bush team.

4. What about the role of partisan politics in the ultimate decision to keep President Clinton in office vis-a-vis impeachment? Surely this was fair play by a Democrat-dominated Legislature, was it not? When Democrats cash in all their chips on party line decisions, why are they crying foul later? Since the trial of Col. Oliver North, a political law can now be defined: Partisan actions give rise to counter-partisan results.

Do partisan politicians underestimate the memory of a perceptive public, or do they insist on insulting our intelligence?

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NATION

Events might eclipse Supreme Court

Lawsuits, legislature take center stage

By Terri Somers
South Florida Sun-Sentinel

A thicket of lawsuits in Florida's state courts - each with thorny issues that may be left to the State Supreme Court to decide - and the Legislature's move to appoint its own slate of electors raise the prospect that a ruling by the nation's highest court will not be the final decision in this tumultuous battle for president.

"As events have unfolded, this may now be just a footnote to the entire process," said Mary Cheh, a professor at George Washington University's law school in Washington, D.C.

Two weeks ago, when Texas Gov. George W. Bush's legal team went to the federal courts in an attempt to stop the hand recount of votes in counties that had been carefully selected by the Democrats, time was of the essence. Republicans wanted the count of votes that put Bush ahead in Florida certified.

But before the U.S. Supreme Court could hear the case on Friday, the hand counting was finished in Volusia, Broward and Palm Beach counties, and Bush was still ahead. And the Florida secretary of state has since certified him as the winner of Florida's popular election, giving him the state's 25 electoral votes, which is what he needs to win the presidency.

The question the Supreme Court is considering is whether the state supreme court violated the federal Constitution when it extended by a week the deadline for certifying Florida's vote. If the highest court in the land rules that Florida's court overstepped its bounds, it could say the vote that should be certified is the last one on file on Nov. 14.

Bush would still be the winner. And it would mean he is ahead by 900-plus votes, instead of 400-plus votes.

Race for White House becomes battle of experts

The Orlando Sentinel

There are three types of witnesses: Liars, damned liars and experts.

That's an old adage in the court system about expert witnesses - the doctors, engineers, scientists and other professionals who spout opinion during a court case.

These witnesses - who usually come with a host of impressive credentials and frequently are paid to testify - regularly play a role in many court cases. So it's no surprise that the race for the White House has moved from fight for votes to a battle of the experts.

In the Tallahassee, Fla., courtroom where Vice President Al Gore is fighting for manual recounts, dueling statisticians have expanded upon mind-numbing calculations about possi-

"The question before the court has been eclipsed by events of the past few weeks," Cheh said.

"When the Supreme Court decided to take the case, I think they thought timing was of the essence and that there may have been some issues they needed to settle," Cheh said. "But now, whether the vote was certified on a certain date or not, doesn't seem to matter. Bush is still ahead and we are into the second phase of Florida's process, the phase of contesting the certification," she said.

That is what all those lawsuits before the Leon County Circuit Court and the Florida Supreme Court are - challenges of the certified vote totals.

Gore's legal team so urgently wanted the certification deadline extended an extra week fearing it would be impossible to file challenges of that certification when it finally was made, said Jonathan Siegel, a professor at George Washington University's law school in Washington, D.C.

In fact, Siegel pointed out that nationally syndicated conservative columnist George Will wrote a column that said the country would not tolerate challenges of the certified vote totals.

Obviously, Siegel said, the country - and the world - to be wrong and the challenges have been filed and are proceeding.

Now, "it's not clear that (the Supreme Court decision) will have any significant effect in practical terms," said Steve Wermiel, a professor at American University's law school in Washington, D.C. "It may have a symbolic effect, it may give one side or the other momentum," he said.

"I presume if Bush's side wins, they would try to push to change the certification back to the earlier vote total prior to the hand-counts. Then they would argue that any challenges that are calling for additional hand-counting are inappropriate," Wermiel said.

That argument would be an attempt to stop everything that Gore's camp now is doing to challenge the election.

"The U.S. Supreme Court decision is not going to be the trump card of anything, but it is going to

ble lost votes for Gore. Other experts have talked about the intricacies of voting machines and what could go wrong with them.

Lawyers have planned their strategies around attacking the credibility of their opponent's experts. What seemed like a simple issue over manual recounts has been transformed into a twisted mess of numbers and scientific conclusions.

How will Judge N. Sanders Sauls sort through the morass and determine who can be believed?

"You look at what they are basing their testimony on," said Orange Circuit Judge Belvin Perry, who deals regularly with expert witnesses. "You see whether it seems to be logical. Are they saying something just for the sake of saying it? You use your common sense. You use your own head as more than a hat rack."

be the ammunition that both sides will try to use in the other cases that are pending in Florida," he said.

And then there's the effect on the state's high court now that the highest court in the nation is watching them.

If the U.S. Supreme Court decision goes Bush's way, the state's supreme court may be somewhat chastened by it, Wermiel said. But if the decision goes Gore's way and the high court of the nation supports what the Florida Supreme Court did, Florida's justices could feel emboldened, Wermiel said.

No matter what the U.S. Supreme Court rules, "the next

judge that has to try to sort things out doesn't have an enviable task because the interrelationship among all these cases is highly complex," he said.

On Saturday and Sunday, Gore's legal team argued before Circuit Judge N. Sanders Sauls that a full hand-count of all votes in Palm Beach and Miami-Dade counties should be conducted and those votes should be used to correct that state's vote totals.

If Judge Sauls issues an order in this case before the U.S. Supreme Court rules, and he says that all recounting done so far should count, then it seems the issue before the court in certifying the vote, Siegel said.

"We have two people in Florida, but this is still part of our inquiry to gather information to see what if any federal investigation is warranted," Justice Department spokeswoman Kara Peterman said Sunday.

The NAACP says it has gathered 486 complaints and taken more than 300 pages of sworn testimony from people who say they were blocked from voting.

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Real men
never miss
their naps

Today we present: Masculine Medical News For Men. Our first item concerns what could be the most significant medical discovery for men since the invention of the electric nose-hair trimmer. According to an Associated Press article sent in by alert reader Shirley Damiano, researchers at the University of Chicago have discovered that - and here, to indicate the importance of this breakthrough, we will activate our keyboard's "Caps Lock" feature - men need sleep.

The reason for this is hormones, which are chemicals that our bodies produce so they can take control away from our brains. For example, men produce a hormone that compels them to watch instant replays on TV. If a man is watching a football game, a moose could walk into the room wearing a tutu, and the man will not notice, because his hormones are forcing him to watch, possibly for the sixth time, a football player fall down in slow motion. Women do not produce this hormone, but they do produce one that compels them to rearrange furniture, and another one that causes them to believe they can improve their appearance by using a tiny

pencil to draw dark lines around their eyeballs.

So anyway, according to the University of Chicago researchers, men produce a hormone that causes them to develop muscle mass, which they need to perform masculine tasks that are biologically necessary for human survival, such as operating the remote control. The thing is, men produce this particular hormone only during sleep. If they don't get enough sleep, they become flabby.

In other words, men, the reason that you do not have the chiseled physique of a male underwear model is not that you have the same exercise habits as a cheese log: It's that you're not getting enough sleep! For your medical health, you must change your lifestyle immediately. I'm sure your spouse will be supportive.

YOUR SPOUSE: Dear, could you take out the garbage, mow the lawn and help me move a 350-pound sofa around the living room until I finally decide that I like it best in its original location?

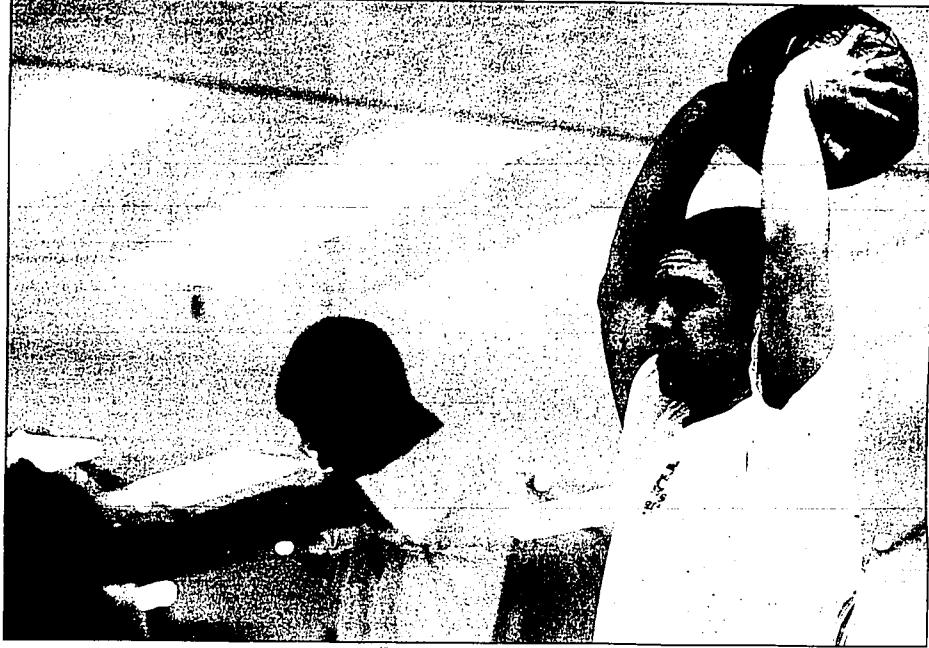
YOU: Gosh, honey, I sure wish I could! But I need to get some deep sleep so I can build muscle mass.

YOUR SPOUSE: Gee, I guess that is medically more important!

YOU: Thanks, honey! And by the way, those eyeball lines are very attractive! I think there should be a TV exercise show call "Muscle Mass for Men." It would be similar to other exercise shows, except that instead of annoyingly perky women prancing around to annoying music, "Muscle Mass for Men" would consist of eight to 10 uninterrupted hours of a man sleeping in a Barris-Lounger. I can envision a nationwide chain of Men's Muscle Mass Fitness Centers, equipped with state-of-the-art beds. Fitness-conscious men could spend entire weekends at these centers, watching golf on TV and secreting vital hormones. (Anybody who thinks you can't watch golf and sleep at the same time has never watched golf.)

But even the manliest man can become sick or injured. The question is: What should you do if you need medical treatment? The masculine answer is: Try to fix the problem yourself. Real men know that many so-called "serious" health problems, such as a sucking chest wound, that a doctor will charge you an arm and a leg to correct, can be easily treated with simple home remedies such as duct tape.

Dave Barry is a humor columnist for the Miami Herald. Readers may write to him c/o the Miami Herald, One Herald Plaza, Miami, Fla. 33132.

I CAN'T
HEAR YOU!

Tavin Rees uses a medicine ball to work out his triceps and John Harding uses dumbbells during the circuit training of a 5:45 a.m. military workout class taught by S.S.G.T. Staff Sergeant Mark Leiding and S.S.G.T. Jason Kelly at Falls Ave. Fitness in Twin Falls.

LOGAN CASTOR The Times-News

Local health club introduces civilians to the Marines

By Steve Crump
Times-News writer

TWIN FALLS - It's on the shady side of 6 o'clock on a Friday morning so cold that the rooster slept in. Three sleepy people, looking a little queasy and not a little dazed, are waving their outstretched arms in ever-diminishing circles.

"Keep it going!" barks Staff Sgt. Jason Kelly, the very embodiment of a square-jawed Marine. "Work out like Marines!"

"I didn't tell anybody to drop and give me 10 (push-ups) today," he explained later. "But sometimes I do."

This is a long way from Parris Island - the ballet barre that lines the workout room are a dead giveaway - but Kelly and his colleague, Sgt. Mark Leiding, don't pull many punches. Marine Corps-recruiters both, they're instructors in a Falls

Avenue Fitness class that would make The Few proud.

Marine Corps Fitness aims to give civilians a taste of the real deal.

"Of course, if these were real Marines, they'd be doing a run between the sets of exercises," Leiding explained. "We don't make them do that."

Actually, two of members of this morning's class are Marines - recent recruits. But most of the rest of the dozen and a half students who've attended the class at various times since it started six weeks ago are decidedly unilitary.

"The idea is to make it as real as possible," explained Derek Molesworth, who runs Falls Avenue Fitness and asked Leiding and Kelly to teach the course. "It's an alternative to more conventional fitness classes."

Marine Corps Fitness, which is taught in a circuit-training format, is

big on stamina - as you would expect - and conditioning, through sets of seven different exercises over a class that lasts less than an hour.

Some of those exercises are aerobic, some emphasize strength. Kelly and Leiding not only never miss a beat, they never run out of breath while leading them, barking encouragement at full speed.

"Fitness is something that's part of the life of every Marine," Leiding explained. "But there's no reason the same exercises shouldn't work for anybody else."

Despite the rigors of the course - offered twice a week - there hasn't been much attrition, Molesworth said. Some early morning exercisers alternate it and other workout regimens at the health club.

"It's meant to be challenging," he said. "To challenge you to reach your fitness goal."

That said, neither Kelly nor Leiding are quite in the faces of their students as much as a real Marine drill instructor would be.

"But we do yell enough to keep them going," Leiding explained.

The two sergeants, both from Montana, say they'll keep whipping Twin Falls into shape as long as they're asked. And they look suspiciously as if they're like it.

"Give them a little taste being a Marine," said Kelly, smiling slightly. That would include reveille: It's at 5:45.

To find out more about the Marine Corps Fitness class, call Falls Avenue Fitness at 734-5789.

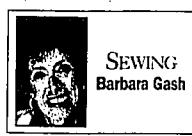
Times-News writer Steve Crump can be reached at 735-3223, or write to him at crump@magicvalley.com

Inexpensive wool becomes a masterpiece

Barbara Skimin, of Huntington Woods, Mich., was overjoyed when she was selected "Best of Show" in a recent national sewing competition. It was the prestigious Fashion Challenge sponsored by Threads Magazine in conjunction with the American Sewing Expo in Novi, Mich.

Garnment entries had to be inspired by an article in one of the past year's issues. In Threads No. 87 (February/March 2000), a story by New York designers Tom and Linda Platt gave Skimin the idea for a felt wool jacket.

While the Platts used \$60-per-yard boiled wool for their single-layer coat that featured minimal construction, without facings and hems, Skimin realized she could



SEWING
Barbara Gash

get a similar effect by shrinking inexpensive gray wool fabric in the washer and dryer. This felting process compacted the yardage and made it more dense.

By constructing a simple cardigan without side seams in one of the past year's issues. In Threads No. 87 (February/March 2000), a story by New York designers Tom and Linda Platt gave Skimin the idea for a felt wool jacket.

While the Platts used \$60-per-

yard boiled wool for their single-layer coat that featured minimal construction, without facings and hems, Skimin realized she could

curve strips made of colorful felted pieces from old sweaters. These were joined together and the strips were then carefully inserted between jacket sections.

Next she programmed decorative "quilted" stitches into her sewing machine and sewed around the edges of the strips with a heavy Egyptian cotton thread called Cotto. Jacket edges were finished with one-quarter-inch strips of Ultrasuede. A matching vest and trousers completed the outfit.

Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the Free Press, P.O. Box 828, Detroit, Mich. 48231, or send e-mail to compuscw@aol.com

Climb social ladder to health

Health notes

better).

Chicken Soup for coldy souls

Chicken soup may be good for your soul, but apparently it isn't enough for a cold. So with Vicks VapoRub celebrating its 110th birthday, the folks who publish all those "Chicken Soup for the Soul" books have come out with a book called "110 Comforting Tips for Mom." The rub: To get a copy, you have to buy a VapoRub product and send \$1 for shipping and handling.

- compiled from wire reports

HEALTH & FASHION

Southern Idaho Regional Cancer Center takes bone marrow registration

Bone marrow registration will be taken from 8 a.m. to 1 p.m. today through Thursday at the Southern Idaho Regional Cancer Center, 656 Addison Ave. W., Twin Falls. The process takes about 30 minutes and is free. Donors must be between 18-60 years of age and in good health.

For more information, call 737-2441.

Childbirth class offered

A prepared childbirth course will be offered from 7:30 p.m. Wednesdays, beginning this Wednesday through Dec. 27, in the Education Center at Magic Valley Regional Medical Center in Twin Falls.

Preregistration is required, call 737-2900.

Learn CPR

A cardiopulmonary resuscitation class will be offered from 4-7 p.m. Thursday in the doctors' meeting room at MVRMC in Twin Falls.

Fee is \$11. To register, call 737-2007.

Learn about safety.

Magic Valley Safe Kids Coalition will hold a child safety seat event from 4-7 p.m. Friday at the Festival of Trees at the Old Calvary Chapel building, 241 Main Ave. E., Twin Falls.

First aid training

A Community First Aid and Safety course will be offered at 9 a.m. Saturday at the American

To do for you

Red Cross, 718 Shoshone St. E., Twin Falls. The nine-hour course includes infant, child and adult cardiopulmonary resuscitation.

The Red Cross is also offering recertification classes at 9 a.m. Tuesdays and 1 p.m. Fridays at the chapter office in Twin Falls.

Preregistration and prepayment are required. For more information and to register, call 733-6464, (888) 367-6321 or visit the office.

Workplace training

The American Red Cross is offering a Workplace Training: Standard First Aid course at 6 p.m. Dec. 11 and 12 at the Red Cross office, 718 Shoshone St. E., Twin Falls. The five and one-half hour course includes adult CPR and first-aid instruction.

Preregistration and prepayment are required. For more information or to register, call 733-6464, (888) 367-6321 or visit the office.

Class offered

A prepared childbirth course will be offered from 7:30 p.m. Tuesdays, beginning Dec. 12 through Jan. 9, 2001, in the Education Center at MVRMC in Twin Falls.

Preregistration is required, call 737-2900.

Alzheimer meeting

Ashley Manor Care Center in

Burley will offer an Alzheimer's Support Group which will meet from 7-8 p.m. Dec. 14 at the Golden Heritage Senior Citizens Center, 2421 Overland in Burley.

For more information, call Peggy Mallow at 431-0871 or Mandy Orthman at 677-5451.

Cardiac risk coupons

Cardiac risk profile coupons are available to check cholesterol (LDL and HDL levels), triglycerides and cardiac risk factor.

Cost is \$15. For more information, call MVRMC Laboratory Services at 737-2021 or stop by the main entrance lobby at the medical center to receive a coupon.

Seeking volunteers

The Southern Idaho Regional Cancer Center at MVRMC is in need of volunteers to assist patients and their families at the cancer center. Volunteers are needed from 12:30 p.m. Tuesdays, Wednesdays and Thursdays.

For more information or to sign up, call Loraine Devey at 737-2006.

To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion. Mail notices to: The Times-News, P.O. Box 548, Twin Falls, 83303, or deliver to our office at 132 Third St. W.

Fitness routine reduces risk of sudden heart problems during workouts

The Dallas Morning News

DALLAS - The fear of having a heart attack often is a driving force for serious exercisers. To them, it seems logical that staying in shape will stave off a sudden, early death from cardiac arrest.

Paul Wood certainly subscribes to that belief.

His grandfather died of a heart attack when he was 48. His father died of a heart attack at 57, and his older brother met the same fate at 48.

Wood, a 51-year-old Dallas CPA, says he's so determined to break this tragic trend in his family that he works out six or seven days a week at The Cooper Aerobics Center in North Dallas.

He has been a runner since he was 26 and has competed in 10Ks and marathons. Often, he joins a cycling class at the Cooper center, where his heart rate is monitored during a heavy workout.

"I'm not dead," he points out with deadpan humor after completing a rigorous weight-lifting routine at the center. "But I'm not overdoing it either."

Some people may wonder whether Wood's strenuous workouts put him at risk for a heart attack. But a new study has shown that people who work out all the time are at less risk of col-

lapsing from cardiac cause than people who undertake vigorous exercise less than once a week.

"If you're constantly exercising - not one of those weekly warriors - you have a much better outcome," says Dr. Christine M. Albert, a cardiologist and researcher at Brigham and Women's Hospital in Boston, which assisted in the study.

In fact, the report, published this month in the New England Journal of Medicine, documents a relatively small number of sudden deaths from cardiac causes among a group of doctors who claim to exercise regularly. The study concluded that the incidence of a sudden death during vigorous exertions was only one for every 1.5 million episodes.

That comes as good news to people like Lance Charriere, a 57-year-old Dallas contractor who works out at the Cooper center at least six days a week. He says he didn't need a study to keep him going.

"Regular exercise goes a long way in preventing a lot of things that are detrimental to your body," says the barrel-chested weight lifter, who also runs, walks and bikes. "And I'm sure it strengthens your heart."

Sudden cardiac arrest, generally caused by heart attacks or rhythm disturbances, kills an

estimated 225,000 Americans each year.

The report's findings were drawn from the Physicians' Health Study, an ongoing analysis of the lifestyles and health of more than 21,000 doctors since 1982. Researchers at several Boston hospitals and the Harvard School of Public Health interviewed the doctors about their previous exercise habits as well as noting the circumstances of those who had died suddenly.

They were able to isolate 122 sudden deaths among the doctors in the study. Of them, 23 occurred during vigorous exertions, including jogging and racquet games. A few were doing yard work or home repairs.

It concluded "the absolute risk of sudden death during any particular episode of vigorous exertion was extremely low."

While the study did not include women, experts say its results apply to them in general.

"No one should begin an overly vigorous exercise regimen without consulting their doctor," says Dr. Kevin Welsh, codirector of the cardiology department at Baylor Medical Center. "But women are often more sensible when they start exercising. Men tend to be a little more macho about being able to do what they did in college."

ter could see a reversal of their risk isn't yet known.

Stalenhoef studied 325 patients born with a tendency to have extremely high cholesterol. Because they inherit misguided genes, people with this condition have cholesterol levels so high that many have life-threatening blockages before they turn 50.

The researchers cautioned that this study examined people who have an inherited form of extremely high cholesterol. Whether others with high choles-

Cholesterol drugs could take leap forward

The Dallas Morning News

of about 32,000 heart specialists from around the world.

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Stretching leads to better health

ity, proper nutrition, cardiovascular or aerobic activity and strength training.

"Omit any one and you omit 25 percent of what you can achieve for your body and state of mind," says Upton, who works frequently with world-class runners, professional soccer players and elite golfers.

For instance, Upton says studies show 80 percent of the U.S. adult population will suffer lower back pain sometime in life. The reasons for it are not structural problems such as a slipped disk but rather one or more of three things: tight hamstrings, tight hip flexors and/or weak abdominal muscles.

"You can address the hamstrings and hip flexors in a flexibility program you can do in front of a television set," says Upton. "The abdominals you can address with a strength exercise (such as a crunch or modified situp) during the same TV session."

The mental benefits of stretching might provide the best motivation to add flexibility to your fitness routine - or make it a starting point if you are currently not doing anything that might loosely resemble a fitness routine.

"Stretching can release tension and bad energy stored in your body," says Greg Florez, a personal trainer and consultant for First Fitness, a

personal trainer firm with offices in Chicago and Salt Lake City. "Our clients look forward to the assisted stretching portion of our workouts. They feel more relaxed and relieved after our trainers have helped them stretch. We've also measured people's heart rates, and they come down significantly."

Anyone who takes an exercise class will likely say the same thing. Those final minutes of stretching at the end of an hour feel practically luxurious.

"We're all raised to think exercise is about pain, pushing harder, going through a brick wall or giving 110 percent," says Bob Anderson, 55, author of the best-selling book "Stretching" (Shelter Publications, \$14.95), which has just been released as an updated 20th anniversary edition. "But stretching can be about feeling comfortable and under control. Stretching can be the opposite of stressful. It can be peaceful, relaxing and non-competitive. You get in touch with your muscles and your body. It is completely adjustable to the individual."

"This supports the notion that lower is better, but it needs to be confirmed," said Dr. Anton Stalenhoef of the University Medical Center in Nijmegen, the Netherlands. He and his colleagues presented their research in New Orleans recently during the annual meeting of the American Heart Association's Scientific Sessions, a gathering

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HEALTH & FASHION

Health clubs urge heart screenings

The Dallas Morning News

Too many health clubs are failing to pre-screen their members for heart disease, says a report presented last month at the American Heart Association's annual meeting in New Orleans. "There has been a dramatic change in health club demographics in America with more than 50 percent of fitness clubs now having a membership base of people over age 35," says Dr. Kyle McInnis, a Massachusetts researcher who wrote the report. "The fastest-growing health club membership segment is in the over-55 age group," he says.

McInnis, the study's lead author, surveyed 122 fitness clubs in Ohio and found that 28 percent of the clubs did not screen members for cardiovascular problems. Almost 20 percent of the clubs reported having at least one heart attack or sudden death at their facilities during the five-year period of the study.

The association joined the author of the study in calling for better monitoring of people who work out at health clubs. Cardiac experts are equally concerned.

People who work out at the Tom Landry Center, located on the downtown Dallas campus of the Baylor Medical Center, are urged to see their doctors before undertaking vigorous exercise, says Dr. Kevin Wheeler, co-director of cardiology at Baylor and a medical adviser to the health club.

"You should do it in connection with an evaluation by your primary care physician," he says of those who want to start exercising. "A doctor should listen to your heart, do a blood test, perhaps an electrocardiogram and test your cholesterol level."

"Someone who wants to start working out regularly at a health club probably should undergo a stress test," Wheeler advises, if they age, weight and the likelihood of heart problems seem to call for it.

"You're looking to find a disease process that hasn't been detected yet," he says. "It's a process that doesn't always show up without a stress test."

"Ohio's health clubs also could barn a few things from the Cooper Fitness Center in Dallas, which has made it a practice to screen new members for their ability to withstand strenuous exercise, say the trainers who work in the elaborate facility at 12200 Preston Road."

Members over age 40 are required to have their heart rates monitored during a three-minute stress test on a stationary bicycle. "We've had a few members collapse here, but they had known heart problems or had undergone cardiac surgery," says Carla Sotrovia, the assistant fitness director and a personal trainer. "We try to be careful by following the exercise and testing guidelines put out by the American College of Sports Medicine."

"The average age of our members is 44. But we have an older clientele in their mid-60s and 70s," she adds.

The changing demographics of many health clubs may bring about more and more dire situations as this aging population undertakes strenuous exercises, experts warn.

Even more worrisome was the level of emergency preparedness at many of these facilities, notes McInnis, director of research at the Rippe Lifestyle Institute in Shrewsbury, Mass. "There is a lot more that health clubs can do than simply call 911."

Way overweight and female? Get over it — shed body-image baggage

Knight Ridder News Service

Bonnie Bernell gets tickled when her friends accuse her of being a "girlie girl."

They razz her for adoring designer dresses and sexy underwear. They tease that her makeup is always polished and her natural curves perfectly coiffed.

And when she steps out of the gym Tuesdays mornings wearing a "Woman of Substance" T-shirt and high heels? Well, then she's just a scandal, says friend Shelley Bond.

After a workout on a recent morning, Bernell and three friends laughed and swapped advice over breakfast at a Redwood City, Calif., cafe.

Besides sharing time at the gym, the women have something else in common: They are considered large — or fat — by most standards.

Each has a story to tell about cruelty and injustice suffered because of their size. But they don't dwell on that. On this day, they celebrate Bernell and her book, "Bountiful Women: Large Women's Secrets for Living the Life They Desire" (Whitbeck Canyon Press, \$15.95).

The book, which encourages women to shed body-image baggage and start living now, has sold almost 10,000 copies since its release early this month, and there's talk of a second printing.

Borrowing tips from her friends, Bernell, who is a psychologist, presents strategies large women have developed for handling challenging situations. Readers learn everything from the proper way to request seat belt extenders on airplanes to how to stand up to rude people.

Ginny Lee, a professor at Mills College, added this little jewel to the trailer section of the book: "When going by plane, wear panty hose to keep ankles from

swelling." In the chapter on health, Lee tells women they don't have to know their weight when they go to the doctor. "Just look away from the scale," she says.

Now, that's important for anyone to know, regardless of size. And that's the message Bernell hopes to send with "Bountiful Women."

"Being bountiful is about attitude," says Bernell. "It's about embracing a rich, full way of living. I want women to read this and be inspired to stop waiting to live life until they can reach some imagined perfect size or goal."

Bernell used to wait. The daughter of a physician and a fashion model, she always felt pressure to achieve. She also felt pressure to be thin.

"I tried every diet on the market," she says. "And I always used to say, 'When I lose weight, I'll do XYZ!'"

Generics could be the answer to U.S. drug-cost woes

Los Angeles Times

at Samford University in Birmingham, Ala., released the study last month.

When there is no generic substitute, other medicines in the family of drugs — say, antidepressants or ulcer medications — may be less expensive. Sometimes, over-the-counter remedies such as Motrin or Zantac can be substituted for their costlier prescription-strength versions.

By substituting generics for his arthritis and other medication he takes regularly, Bohlig says he saves about \$65 each month. "Why pay a premium for the same thing?" asks the 82-year-old retired school teacher from Long Beach, Calif. "I appreciate that the drug companies invest money in research. But I don't want to let their bank accounts at my expense."

Like millions of other Americans, Bohlig is fed up with the rising costs of prescription drugs, which have been growing four times faster than the rate of inflation. The increases affect everyone, especially the elderly, those with chronic illnesses and the uninsured. Consumers with coverage are affected more indirectly, through higher co-payments and deductibles, and escalating insurance premiums.

Largely overlooked in the heated debate over drug spending are simple steps consumers can take to save money. One recent study found that a 10 percent increase in generic-drug use in the United States would cut drug costs by more than \$11 billion annually.

"Every percentage point of increased usage translates into a savings of \$1 billion annually," says Tim R. Covington, a pharma-

But diets didn't work, so she held off on the things she really wanted to do, such as shopping for exquisite clothes. It took a string of tragic events to make her realize she was entitled to enjoy life at any size.

For Bernell, her change in perspective happened in stages. She survived divorce and major surgery 27 years ago and decided then that she had to go through life feeling either "less than" or "entitled to." She stopped dieting and started to embrace life as a woman with an abundance of goodness to share.

She met San Francisco Bay Area psychologist Debora Burgard, who introduced her to a whole community of large women who weren't hung up on weight.

"They are activists and artists, professionals and fitness trainers," Bernell says.

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HEALTH & FASHION

Holidays trigger depression for some

New York Daily News

NEW YORK — For most people, holidays bring joy: twinkling lights, good food, even presents. But for people prone to the blues, the relentless glee of good times — seeing relatives, rubbing up against old memories — can trigger depression.

"We put too much pressure on ourselves to have a good time, to make it really special, to make everybody happy," says Richard O'Connor, a therapist in New York and Connecticut who has survived two bouts of depression.

"A person who is vulnerable to depression feels like the oddball anyway, feels like they are viewing life through a window on a room where everybody seems to be having a good time. That makes them feel worse."

Depression has been around a long time: The word despair is from a Latin verb meaning "to be without hope." And it seems like it will be with us for the foreseeable future. The World Health Organization estimates depression will be the second leading cause of death and disability by 2030.

The disease strikes 10 percent to 20 percent of us: one in four women, 1 in 10 men, 1 in 50 children. More than 10 percent of its victims kill themselves; there are 30,000 suicides a year. It runs up a annual tab of \$53 billion in treatment.

And it appears to be getting progressively worse, as well as striking earlier. Babies born in 2000 may have their first depressive bout by age 20, says O'Connor, author of "Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You" (Berkeley, \$12.95).

As a disease, depression is as variable as an autumn sky. Like the poet's fog, it can come in on little cat feet; sneaking up on joy, curling around pleasure, slipping into the soul. Or depression can terrify, like an angry lion.

"I felt like something horrible was happening to me," recalls O'Connor, 53, of his first experience with depression. "I didn't understand what it was. I thought

I might be going crazy. I couldn't sleep at night."

"I'd drag myself to work every day and barely focus. I remember sitting in the men's room one day, in a stall, and literally trying to hold my head together. I was alienating myself from people."

"You can be the last to know that you're depressed," says Dr. Ivan Goldberg, a Manhattan psychiatrist and advisor to the Mood Disorders Support Group, which meets around the city.

You'd be heartless if you didn't feel blue sometimes, even a little nuts if, for example, you felt truly cheerful after a boss chewed you

out or a beloved sweetheart split.

Yet most people bounce back, says Dr. Alan Manevitz, a psychiatrist at New York Weill Cornell Medical Center. They find a new job or girlfriend, let off steam on the soccer field, go to a party.

Clinical depression is different, "completely overwhelming," says Karl S., a 10-year MDSG member. Even taking a shower might seem impossible. "It isn't that you don't mind being dirty — you hate it. But it becomes hard to do."

Symptoms can range from emotional numbness to free-floating anxiety. "You really aren't afraid of anything, but you're sitting there a nervous wreck," says Karl.

True depression, he adds, compares to a bout of the blues the way "a terribly shattered leg is like a sprained ankle."

And diagnosing the problem can be complicated. "If you look at people with chronic low-level depression, 40 percent of them are in a subtle way bipolar," meaning there is a manic, or hyperactive, upside to their disease, says Goldberg.

"They might be able to laugh or joke or feel really good on the way out of a depression, not just celebrating but being a little manic, spending \$500 on little silly stuff, or (having) not-well-thought-out sexual adventures."

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Knight Ridder News Service

Call it the Mom Hypothesis

Tom McEwen thinks there's something vaguely sinister about the idea that the stereotyped family holiday usually features a hard-working mother laboring over a massive holiday feast all day — then being too "tired" to eat herself. Tired, smired, McEwen says.

"I'll bet that the real reason that usually happens is that she's been breathing in carbon monoxide all day, and that's what ruined her appetite," said the service manager of Falls Heating and Cooling in Cuyahoga Falls, Ohio.

This is the time of year when most experts remind homeowners to arrange to have their furnaces checked for safety, and to make sure they have at least one working carbon monoxide detector. Industry estimates hold that the majority of homeowners don't seek an annual inspection, and that only 27 percent of U.S. households have a carbon monoxide alarm.

This might explain why the U.S. Centers for Disease Control in Atlanta says carbon monoxide is the leading cause of accidental poisoning nationally.

McEwen says there's good news and bad news in the effort to curb poisoning by carbon monoxide, also known as CO. The good news is that technology developed in the 1990s led to the availability of a new type of extra-sensitive monitor known as a PCA, or Portable Combustion Analyzer. Contractors armed with a PCA can do a better job spotting safety problems in a furnace, and can also fine-tune a furnace to make it more efficient.

The bad news is that the increased popularity of gas fireplaces — especially the vent-free variety — bring one more possible source of carbon monoxide into the home. Ideally, according to McEwen and others, homeowners should have every gas-fired appliance checked annually. "But I don't think very many people actually do that," he said.

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HEALTH & FASHION

Think safe, smart

It may be harder than you think to figure out how just much to drink and still drive safely.

The Gazette

You're at the annual holiday office party and you've had a drink or two. Now you're trying to figure out if you're OK to drive.

If you like to play by the numbers, here's the key one: 10, the blood alcohol level that can net you an automatic DUI in many states.

For now, you think, you don't have to worry about legislation that President Clinton signed in October to set a national standard for drunk driving at .08. That lower limit could be at least four years away.

But whichever limit you choose, it can be tricky to gauge your blood alcohol content from the number of drinks you've had. What it takes to reach a certain level varies from person to person, influenced by such variables as weight, age and when someone last ate. And before you get too hung up on numbers, consider this: Alcohol can begin to affect you long before you reach .10, or even .08, for that matter — a fact law enforcement agencies would like to point out. And if your driving is substantially impaired by drinking, you can be convicted of DUI whether you've reached a .10 level or not.

Blood alcohol content is primarily determined by how much alcohol you drink, how long you've been drinking and your weight. The blood alcohol content of a 100-pound person will be about twice as high as it will be for a 200-pound person who drinks the same amount.

That helps explain the different numbers thrown around in the arguments for and against the new, federal DUI standard.

The American Beverage Institute denounced the called-for legal limit of a .08 blood alcohol content as "an attack on social drinkers."

Under the new limit, a 120-pound woman who drinks two glasses of wine over a two-hour period could face arrest and loss of her license, the institute said.

Mothers Against Drunk Driving argued for the law, saying that a typical 170-pound man would have to have four drinks in an hour to reach a .08 blood alcohol content.

Who's right? As far as the numbers, both are, thanks to the differences in weight and gender.

When you play the numbers game, it also depends on how you define a drink.

Under MADD's definition, one drink equals 1.5 ounces of hard liquor, one 12-ounce can of beer or one 5-ounce glass of wine. But the American Beverage Institute, in its example of the 120-pound woman, uses a 6-ounce glass of wine. Spokesman John Boyle points to a national survey of restaurants that found 6 ounces is the standard for a glass of wine.

Even if everybody agreed what constitutes a drink, predicting blood alcohol content remains tricky. It's why the National Transportation Safety Administration no longer engages in such calculations, even though its blood alcohol computations are used by both sides of the debate. "The point is, says spokesman Rae Tyson: If you're at .08, you shouldn't be driving."

"If someone else wants to debate what it takes to get you there, that's fine, but this agency will not do that," Tyson says.

The Internet is full of sites where a person can estimate his blood alcohol content after plugging in his weight, sex and how much he's had to drink. Because

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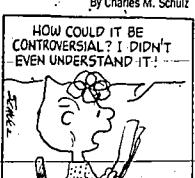
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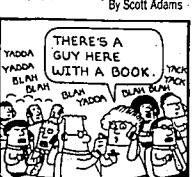
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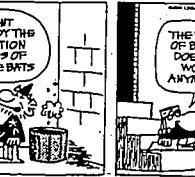


Hi and Lois



By Brant Parker & Johnny Hart

The Wizard of Id



Beeper the Horrible



By Mort Walker

Beetle Bailey



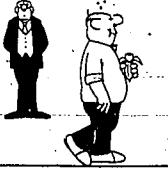
By Bob Thaves

Frank and Ernest



By Art Sansom & Chip

The Born Loser



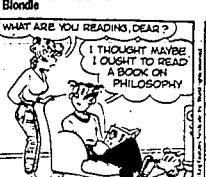
By Art Sansom & Chip

For Better or For Worse



By Lynn Johnston

Blonde



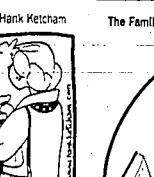
By Dean Young & Stan Drake

Pickles



By Brian Crane

Dennis the Menace



By Hank Ketcham



By Bill Keane

* IF YOU EVER BABY-SIT HIM, DON'T EXPECT TO DO MUCH SITTING."

Rose Is Rose



By Pat Brady

Zits



By Jim Borgman and Jerry Scott

Luann

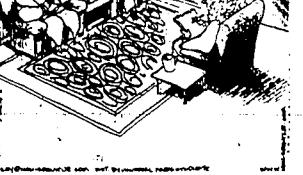


By Greg Evans

Strange Brew



By John Deering



By Wiley

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LPN's, RN's, CNA's, etc.

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& SIGN ON BONUS

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Full time, benefits

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Openings for the
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• PRN up to 20% above
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• Healthy Vision/Dental &
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Please apply in person at:

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tional Deputies. Applications

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4-8 pm shifts also available.

We offer:

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• A positive work environment

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• Excellent benefit package

• Paid PTO

• A job where you can make a difference in someone's life

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Stop in for an appointment and interview.

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ager in training, current

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the agent manager.

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Duty Nursing for children

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